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January 2011
AED 15

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ALL WEEK

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MASTERCLASS

ISTANBUL
DELIGHTS



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A healthy start

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cookbook and
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Publisher

Dominic De Sousa

Chief Operations Officer

Nadeem Hood

Chief Marketing Officer

Kimon Alexandrou

Group Advertising ManagerLindsay Moulin
lindsay@cpidubai.com**Editor**

Lauren Hills

Designer

Odilaine Salasac Mejorada

Marketing and Communications Executive

Michelle Robertson

Marketing Manager

Rochelle Almeida

WebmastersTroy Maagma
Elizabeth Reyes
Jerus King Bation**Subscriptions**

subscribe@bbcgoodfoodme.com

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Gillian Carter

Creative Director Food Group

Elizabeth Galbraith

Publishing Director

Alfie Lewis

Managing Director

Peter Phippen

Head of International Development

James Hewes (james.hewes@bbc.com)

International Partners Manager

Linda Ligos

A fresh start



I'm sure, like me, you are reeling from the over-indulgence of the festive season. The drinks with colleagues and friends, the roasts and puddings with family – celebrations always go hand in hand with food, and it is not usually the light and nutritious kind.

With this in mind, this issue is geared to ease you into 2011 in a healthy way. Our 'Ready in 30' and 'Eat well all week' spreads are filled with delicious, nourishing meals that are easy to prepare. Too often busy workdays leave us ordering takeaway, dining out,

or creating the same-old dishes we have prepared time and time again, so we hope these fuss-free recipes will inspire you to be creative in the kitchen.

Also, we met up with nutritionist and writer, Patrick Holford when he was in Dubai for the launch of his book *The 10 Secrets of 100% Healthy People*.

For the weekend, why don't you pack a picnic with friends and family and soak up the beautiful weather or get in the kitchen with your kids to bake low-sugar, low-fat chocolate cookies.

Relax, enjoy and savour *BBC Good Food ME*.

Lauren Hills, Editor

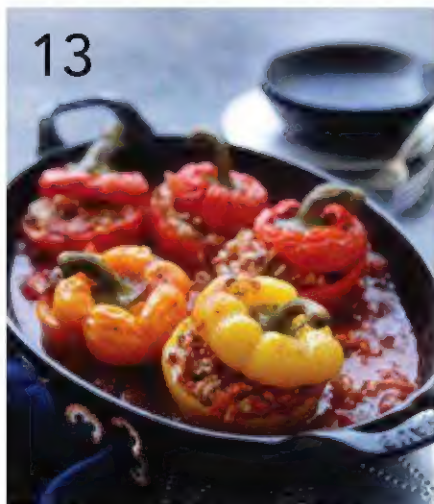
lauren@cpidubai.com



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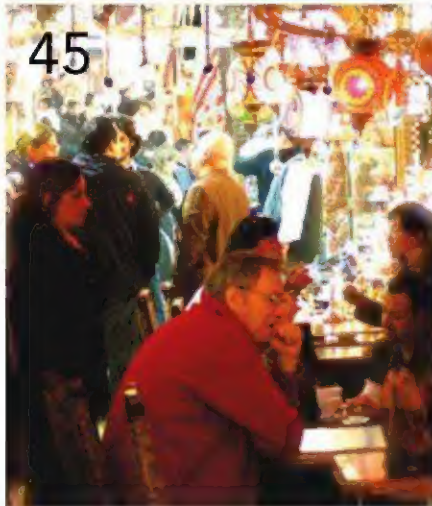
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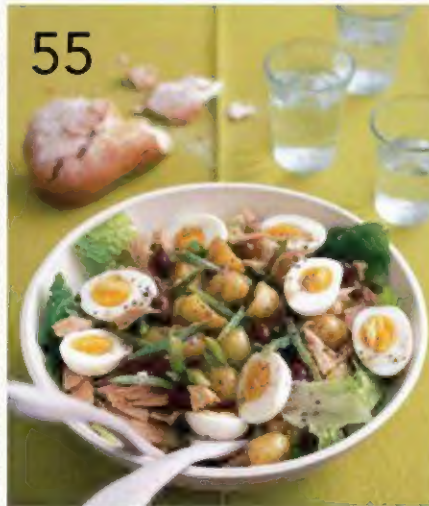


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TRYOUR
COVER
RECIPE



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Our recipe descriptions

- Suitable for vegetarians**
- You can freeze it**
- Not suitable for freezing**
- Contains pork**
- Contains alcohol**
- Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.

Low fat 12g or less per portion.

Good for you Low in saturated fat, low in salt

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork
- contains alcohol

Foodie accessorising

Gorgeous products to get your kitchen and dining room sorted for stylish culinary experiences in 2011



Pretty pie dishes from **Crate & Barrel** from AED 29

The **Simax** teapot, made from non-porous glass is available from all major supermarkets including **Carrefour**, **Geant**, **Spinneys**, and **Hyper Panda**. The Simax range starts from AED 14 and extends up to AED 219



Keep it fresh and fruity with this beautiful bowl from **@Home**, AED 80



Bloomingdale's Home AED 525

Shop in style with this fun and funky bag from **Bloomingdale's Home**, AED 55



Stylishly silver serving bowls from **Crate & Barrel**, large AED 159, small AED 39



Make the most of the gorgeous UAE winter and pack a picnic hamper. **Bloomingdale's Home**, AED 900



From **Crate & Barrel**, set of two for AED 139

Hot & Happening

Warm up to our steaming hot additions.



Chicken Gyoza

Pan fried chicken and vegetable filled dumplings with a light soy-vinegar dipping sauce



Seafood Rice

Spicy sushi rice with Asian vegetables, prawns, salmon and squid



Salmon Katsu

Crunchy fried breaded salmon with chilli mayonnaise



Hairy Prawns

Prawns wrapped in kadaili pastry with wasabi mayonnaise



Chicken Teriyaki

Grilled chicken in a sweet, sticky soy based sauce



Vegetable Yakisoba (M)

Pan fried Japanese noodles in a mildly spiced tangy sauce with vegetables



more than
50 dishes

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Top ten foodie moments

On the hunt for great foodie moments; *BBC Good Food ME* presents ten of our best



A fresh start with Lime Tree Café

The *BBC Good Food ME* team loves a leisurely Saturday breakfast, and with the delicious options at Lime Tree Café, this spot is one of

our favourites. The 100 percent Arabica cafetiere coffee is very generously portioned, and with so many different combinations of freshly-created meals from the deli counter, as well as in the menu, Lime Tree Café definitely leaves us spoilt for choice.

From the homemade muesli pot with berry coulis and yoghurt, to gourmet pancakes, baked beans on toast with feta cheese, dukkah breakfast platter with labneh balls, Arabic toast and boiled eggs, eggs Florentine, the Lime Tree breakfast menu is extensive. The breakfast bruschetta is another great option; made with organic free range eggs on wholemeal toast (gluten-free bread is also available) with diced tomatoes, herbed pesto, parmesan cheese and a balsamic reduction.

To drink, there is a range of freshly squeezed juices, smoothies and milk shakes on offer, along with a selection of organic teas and their own blend of coffee, prepared to your specifications.

The hot breakfasts are available seven days a week from Lime Tree Cafe Jumeirah Beach Road, and available on weekends from Lime Tree Cafe Ibn Battuta. Also, a new Lime Tree Cafe is opening in Al Quoz on 1 January, so be sure to check it out!

2 **RIGHT BITE** healthy living

With busy work days, and so many takeaway and convenient dining out options available in the UAE, it is often a challenge to eat nutritiously. With 2011 upon us and New Year's resolutions being made, Right Bite is a fantastic way to ensure healthy, hassle-free eating.

Whether you want to lose weight, increase energy levels, control diabetes, improve cholesterol levels, ensure a healthy pregnancy, or just eat more healthily, Right Bite's chefs and dieticians will create a menu and diet plan that suits you. The meals are prepared fresh daily using natural ingredients that are low in fat, salt, sugar and calories.



3 *Guilt-free indulgence from Morelli's Gelato*

Morelli's Gelato has recently extended its line of healthy gelatos by introducing one that is 100 percent fat free and free of added sugars.

Being water-based, this 'no fat no sugar' variation does not use any dairy that carries fat. The blending of real fruits in the mixture sweetens the gelato naturally, and in addition to the flavour, the nutritional value of the fruits in the gelato makes it an overall healthy indulgence.

Morelli's Gelato line of 'no fat no sugar' gelato is available in strawberry, mango, banana, dates, peach, pear, pineapple, plum, watermelon and chocolate flavours. And, like other Morelli's Gelato, this one can be enjoyed in hand-made Italian glassware, topped with fresh fruit, nuts, sauces, fresh whipped cream, wafers, chocolate and other such toppings to complete the Morelli's Gelato experience.

Morelli's Gelato dates back over 100 years, when Giuseppe Morelli migrated to the UK from Italy. In January 2009, Morelli's opened in the UAE in the bustling Dubai Mall. Other outlets in the UAE are located in Al Wahda Mall and Khalidiya Mall, Abu Dhabi.



foodie moments

4 Tantalising Tiffinbites

As you stroll down the buzzing Jumeirah Beach Residence Walk, you can't help but be drawn in by the vibrant pink and orange wall paper in Tiffinbites. *BBC Good Food ME* stepped inside to sample the menu of Indian food, and enjoyed some delicious tid bits in tiffins and rich and smoky flavours from the tandoor.

We started with light and crisp poppodams, served with sweet and tangy mango chutney and a mint and coriander dip, and from there delved into a serving of onion bhajis and samosa chole chaat. The onion bhajis were morishly crunchy, and the vegetarian samosa chole chaat, topped with spicy chickpeas mingled with yoghurt, tamarind and coriander chutney, was a soft and delicious mix of flavours and textures.

When dining in or ordering out from Tiffinbites, the various tiffin options (as the name suggests) is a must-try. Tiffins are metal takeaway tins that originated in India, and are placed one-on-top-of-each-other with the curry, rice and side dish all in separate compartments. If you order in, you will receive a plastic tiffin tower containing your order.

The chicken tikka masala tiffin included tender chicken breast cooked in a creamy, fragrant masala sauce, with a potato and cauliflower vegetable dish and a portion of a yummy pulao rice with peas and cumin. Mop up the curry with a garlic naan bread, and you have a scrumptious (and filling meal).

The options from the tandoor are also very appealing. My dining partner ordered the tandoori king prawns; gorgeously-plump and juicy smoked tiger prawns marinated in chilli oil and garlic.

Tiffinbites recently opened their doors for breakfast, and you can enjoy dishes such as masala omelettes, paratha, puri and dosa or fresh fruit salad with a pinch of chaat masala. The prices range from AED 15 to 20.



5



VOTE FOR YOUR FAVOURITE FINALISTS IN THE BBC GOOD FOOD ME AWARDS!

The *BBC Good Food ME Awards* are well underway. The judges are visiting the finalist restaurants anonymously to sample and judge the food within our 14 main categories, and the food-loving public of the UAE has been getting online to vote for their favourite restaurants too.

The trip for two to Mauritius is still up for grabs, so please visit our awards page on www.bbcgoodfoodme.com and vote today!



While Ras Al Khaimah, with its combination of beaches and mountains is often looked to as a lovely weekend holiday retreat in the UAE, it is not often noted as a culinary destination. With interest, *BBC Good Food ME* visited Piacere del Gusto at Hilton Resort & Spa Ras Al Khaimah, and enjoyed a wonderful evening of Italian food. Piacere del Gusto was hosting a five course wine and food pairing dinner when we visited and we enjoyed a menu of marinated shrimp with mozzarella and basil for the antipasto amuse bouche, followed by a delicate foie gras served with warm brioche and then a creamy lobster bisque. From there, we enjoyed a main course of grilled duck breast on mulled wine sauce with stuffed potatoes & red apple cabbage. For dessert, it was a chocolate soufflé with orange sabayone & cinnamon ice cream. The dishes were delicious and elegantly presented, and after perusing the main menu, it was a good introduction into the creativity of the restaurant's culinary team.

foodie moments



10 YEARS OF SEVILLE'S

Seville's, Spanish tapas bar and restaurant located in Wafi, celebrates its' 10th anniversary in the new year, with fantastic foodie specials.

For the whole of January 2011, Seville's will be offering selected Torres wines for just AED 10 per glass, 'Caña of Estrella', along with a selection of delicious tapas. One lucky diner will also win a trip to Spain for two. To enter, all you have to do is dine in Seville's in January.

"Seville's has established itself as one of the most popular venues in Dubai and typifies all the attributes of Spain – passion, charm and vibrant energy! Whether you are planning a big night out, or a relaxed meal with friends, Seville's offers the perfect venue in a convenient location. The restaurant also offers more intimate areas for private dining or romantic dinners, as well as the option to dine al fresco," said Mark Lee, general manager of Wafi Restaurants.

9 MORE HEALTHY

With type two diabetes, obesity and other lifestyle-related illnesses prevalent in the UAE, MORE cafe has introduced new elements to its menu in an attempt to promote healthier eating.

Diners at MORE Cafe can now select their dishes with the knowledge that the meals are low in fat, have a low Glycemic Index (GI) and are low in cholesterol. A certified nutritionist has identified and categorised these dishes, highlighting the healthier options with the MORE 'O'.



"This is one example of customer-friendly initiatives we have undertaken to ensure our customers always have the choice to eat healthy food. Another example is one of the breads we have created at MORE, which is especially suited for diabetics. MORE Care bread is made using psyllium husk, soya flour, whole wheat flour and flax seed. It has low GI, is low in sodium, high in fibre and is packed with energy," said Wouter Lap, managing partner, MORE.

MORE Care bread is served with dishes on request, and is also available for customers at the fresh baked bread counter across all MORE outlets.

8 La Mamma wine pairing dinner

The new Italian chef, Andrea Molinari of La Mamma, Sheraton Abu Dhabi is hosting a wine pairing dinner on 20 January in collaboration with Monte Vibiano winery.

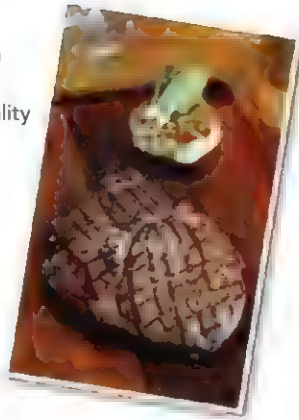
As a carbon neutral winery, Monte Vibiano representative Walter Cappuzzello will educate guests on his wines, while matching the wine to a four-course dinner prepared by chef Andrea and his team. The dinner starts at 19.00 and guests have a chance of winning a stay at the guest house of the Monte Vibiano winery in Italy.

10 FANTASTIC MEAT SELECTION AT PARK 'n' SHOP BUTCHERY

Park 'n' Shop Dubai has a butchery stocked with a top-quality selection of beef, pork, chicken, lamb and turkey, all cut and prepared to your specification. The master butcher of Park 'n' Shop, Jack Hennessy arrived in Dubai in 1994 with years of experience as a butcher in the UK, and along with his fully-trained and experienced team, he can answer your meat-related questions with confidence. Should I use braising steak or rump? What's the best way to cook this joint? These are just a few of the questions they get asked on a daily basis.

The Park 'n' Shop butchery has a traditional, well presented, open counter that offers the highest quality of meat from Australia and New Zealand that are selected based upon season and price. Meats are trimmed to perfection and treated with care and attention. Over 200 meat recipes from top chefs are available from over the counter, upon request.

The butchery also creates fifteen of its own marinades, including peri peri, Cajun, Thai and garden mint, to name just a few. Minted lamb chops, or chicken garlic honey kebabs could be a fantastic treat for the BBQ grill, and we suggest you try out the delicious home-made sausages and burgers too. Serving up the best styles of meats from different regions, shoppers can enjoy South Africa biltong and boerewors as well as Dutch frikkadellen and bittebollen too.



AND FOR DESSERT...

*Foodie fun and musical
entertainment at
Taste of Dubai 2011*



Now in its fourth year, Taste of Dubai returns to The Amphitheatre, Dubai Media City from 3 to 5 March 2011 with a line up of 22 restaurants, celebrity chefs and a new entertainment stage playing host to live international acts performing the classic hits.

At the Chefs' Theatre and Cookery School, celebrity chefs will share culinary secrets during live demonstrations. Themed bars will be situated around the arena, summoning those who wish to sample an array of beverages and mocktails to wash down the mouth-watering treats.

Taste of Dubai will be slightly different this year, not only with the increased live music and entertainment, but it will be hosting more bars and alternative luxury eateries alongside the fine dining restaurants in a festival that is three days, rather than four. This year will also be more affordable, according to the Taste of Dubai organisers.

"Although we are maintaining a certain level of fine dining restaurants we are also opening this festival up to the bars and alternative luxury eateries dotted around Dubai to create a more cosmopolitan feel and festival atmosphere. The entertainment stage will assist with this aided by the strong presence of Radio 1 onsite. While keeping the broad choice of 22 different restaurants there will be those who have participated before along with new faces to the scene," stated the organisers of the festival.

Afternoon tea delight



The skyline of Dubai is visible across the lush, green polo field, and as the sun goes down behind the palm trees, you leisurely sip your aromatic tea and bite into a freshly-baked fluffy scone with homemade strawberry jam.

This is just a taste of the tranquil indulgence you can experience at Desert Palm Dubai's Afternoon Tea.

The Afternoon Tea is available every day of the week from 4pm onwards. A fantastic way to while away an afternoon with friends or family, Desert Palm is the perfect setting for quality time with loved ones and rejuvenation over a cup of steaming tea.

Tea is served on a lovely raised terrace overlooking a polo field lined with palm trees. The tables are adorned with white table cloths and beautiful silverware, and just as you sit down, the waiters bring over a selection of over 20 varieties of tea, from decaffeinated Earl Grey to more-exotic infusion teas for you to choose from. Served just as it should be in a teapot and poured into delicate teacups.

For eats, a lovely tiered cake stand in purple and white porcelain is laden with sweet and savoury treats. Fresh watermelon, pineapple and raspberries sit alluringly on the top tier, with two warm scones (accompanied by clotted cream and homemade jam) on the plate below.

Three different sandwiches are on offer too – Smoked salmon with dill and cornichon cream cheese on rye bread, Rare roast beef with horseradish and romaine lettuce on ciabatta, and deliciously-zinging mature cheddar and tomato, with a smattering of homemade fig chutney.

And it doesn't end there... a black box holds a treasure chest of yummy delights, including a triple chocolate brownie, melt-in-the-mouth truffles, shortbread and English fruit cake. Pour yourself another cup of tea and relax as the afternoon turns to evening and you can see the glimmering skyline of Dubai in the distance.

While Desert Palm is a fantastic venue for Afternoon Tea any day of the week, if you visit on a Thursday or Saturday you have the added thrill of watching a game of polo while you enjoy your tea and treats.



Investigating

MILK

Joanna Blythman examines how the milk we drink today has changed over the years and why it may be time to swap skimmed for free-range and full fat

Try telling Britons now that they should 'Drink a pinta milka day', and expect to be met with scepticism, or even resistance.

This advertising slogan dates from the 1950s and 1960s, when milk was widely seen as something of a health food. In those days, school children got free milk, and milk bars - cafés specialising in dairy products - were all the rage. Milk was seen as one of the most nutritionally complete foods around. Since then, our attitude towards cow's milk has changed dramatically and, far from being convinced of its health benefits, many people now approach it with caution.

This changing perception of milk has been mirrored by changes in the product itself. The white stuff we consume today is a very different product to the creamy, rich milk that sustained us for centuries. So what's the truth about milk? Does this time-honoured food still merit pride of place in the diet?

THE WHOLE TRUTH

Milk's healthy image has been dealt a major blow by the anti-fat message that has dominated public health advice over recent years. Official guidance has suggested that the natural saturated fat in whole milk is bad for our cardiovascular health and that consumption should be reduced accordingly. We have taken this message to heart; in 1982, almost 97 percent of all the milk drunk in Britain was the whole, full-fat variety. Fast forward to 2009, and sales of full-fat had

tumbled to just 22% of the milk we consumed, while semiskimmed and skimmed accounted for 59% and 18% respectively. But was this radical switch in our milk drinking habits warranted? Last year, a major review of the scientific studies linking various nutritional factors and heart disease, (undertaken by researchers from McMaster University in Canada), concluded that there was no evidence that saturated fat causes heart disease. There is also now concern that skimming off the fat from milk could be doing more harm than good. It is the fat that contains much of the valuable nutrition in milk, namely vitamins A and D, which among other things, help us to absorb the protein and calcium, plus CLA (conjugated linoleic acid), which is thought to be protective against cancer.

NOT WHAT IT USED TO BE

Back in the day, when milk was seen as a super-healthy food, we drank it unpasteurised. It was widely believed that many of the strains of bacteria in this raw milk were beneficial for the immune system. Now, almost all milk is pasteurised. This process involves heating the milk to a high temperature to kill off potentially dangerous bacteria such as *E. coli*. However, pasteurisation also destroys nearly all beneficial bacteria and alters the vitamin, protein and enzyme composition. Furthermore, unless you buy the whole, creamy milk labelled 'breakfast milk', your milk will also be homogenised, a process which ensures that the fat no longer forms the top of

the milk, but is evenly dispersed throughout. Some nutritionists link the modern rise in people experiencing allergic reactions and intolerance to cow's milk with pasteurisation and homogenisation, which they believe affect its digestibility. Interestingly, researchers at the University of London have found that drinking a couple of glasses of raw, unpasteurised milk a week reduced a child's chances of developing eczema by almost 40%, and hay fever by 10%.

SUPER COWS

As the milk we drink has changed, so has the life of the dairy cow. Until the 1960s, British cows were kept in small herds and they came from traditional breeds such as the British Friesian, Ayrshire, Jersey and Guernsey - all of which are renowned for the quality of their milk. The cows spent most of the year outdoors doing what cows are biologically programmed to do - munch grassy pasture containing a diverse range of green plants which were not treated with herbicides or synthetic chemical fertilisers. This varied, natural diet was what made their milk especially healthy. Since then, British milk production has been industrialised. Many farmers now rear a modern hybrid cow from the US - the Holstein - a breed which has been bred to yield unprecedented quantities of milk when fed large amounts of concentrated rations based on cereals and protein, such as soy. Typically, when these hybrid cows are put out to grass, only a couple of types of fast-growing, fertiliser-dependent grass are sown. This

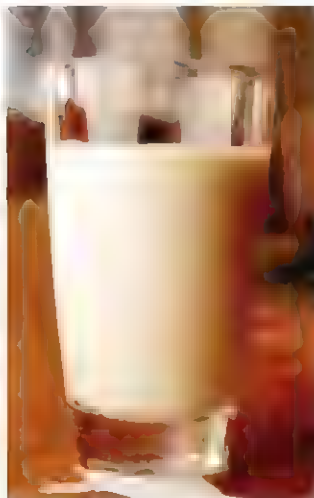
combination of breed and feed has turned cows into prolific milk machines, but animal welfarists argue that it also puts the cows under extreme physiological pressure. Such animals often have heavy, bulging udders because they produce so much milk, are prone to painful udder infections because of frequent milking, and commonly suffer lameness due to the weight of their back ends and standing indoors on hard surfaces. On some of the most high-yield farms, cows are managed so that they lactate for 10 months of the year. They are kept in individual cubicles, often on slatted metal or concrete floors (to make cleaning easier), and only go out briefly, even in summertime - their only exercise being walking to and from the milking parlour.

Increasingly, many dairy cows in Britain spend little time outdoors, and in the most extreme systems, known as 'zero grazing', never go out at all. Typically, dairy cows are worn out in five to seven years, as opposed to the 15 years they might otherwise live.

MEGA DAIRIES

The changing face of British dairy farming has seen small farms go to the wall at a terrifying rate of one a day, as milk production is concentrated in fewer, bigger herds with high-yielding cows kept in what some commentators label 'factories in the countryside'. Earlier this year, opposition from locals and animal welfare groups put a temporary stop to an application by one dairy company to open a mega-dairy in Lincolnshire that planned to house an unprecedented 8,100 cows in one, intensively-run unit. Another application for a different unit which would have housed 3,000 cows near Grantham was also dropped in June after opposition from local residents. Most dairy herds have only 120 cows. Although such US-style mega dairies find little favour with British consumers, they make sense to some of the country's biggest farmers because they're seen as more efficient - that is, they produce more milk from fewer animals. In recent years, intense pressure from supermarkets and milk processors has often led to dairy farmers being forced to sell their milk for less than the cost of production. Intensifying production cuts costs. But there is a different approach. Some dairy farmers are instead choosing to

move away from the super-dairy Holsteins in favour of dual-purpose breeds such as the Montbeliarde. Fed a more traditional diet that is high in pasture and foraged foods, these breeds produce less milk, but their meat is better quality and so worth more. Such farmers believe that as the cows aren't pushed so hard and live longer, this more traditional approach is both kinder, and more economic in the end. The debate around what kind of milk we consume has never been so intense, nor so polarised - and it doesn't look like it will be going away any time soon.




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Delicious inspirations

Arabic television cooking show host and recipe book writer Suzanne Husseini is our newest columnist in *BBC Good Food ME*. She explores how a trip to the supermarket can inspire your next meal

Have you ever stood still in a trance in the produce aisle at the supermarket wondering once again what to make for dinner? Other shoppers, with lists in hand, seem to know and have a plan.

I'm not that organised. I go to the supermarket to be inspired. Surrounded by all the colours and choice of vegetables, it's not long before I zero in on the mountain of red and yellow peppers, waiting to be filled with a fragrant mixture of rice, meat and nuts and cooked in a fresh tomato sauce.

To the right of the peppers are all the ingredients to make a beautiful salad. As I load my cart with cucumbers, lettuce, tomatoes and lemons, I'm thinking, "Dinner is served!" And with a confident smile on my face I leave the store eager to start cooking.

I remember one occasion, while piling copious amounts of fresh fava beans in my cart, a lady who I noticed had been watching me for a while came over to ask me curiously, "what are those and how are you going to cook them?"

As I started explaining, she pulled out a pen and a small crumpled piece of paper and began writing down everything. Our conversation attracted a few more shoppers and soon we were all sharing and inspiring one another. Reach out and ask – you'd be surprised how giving people can be especially when you're speaking the universal language of food.

Inspirations are all around you, just look around. While the smells of freshly baked bread and the sight of fresh-cut fruit salad are intended to tempt you, I use it instead as a starting point. A crisp baguette, for example, sliced and toasted is the perfect surface to mound smoked, grilled aubergine salad to serve as an appetizer or as part of a mezze spread.

Glistening olives; green, black and even stuffed complete any meal. This usually starts a chain reaction for me as I begin to build on the menu by adding more delectable choices, which is



what the mezze (a selection of appetizers served together) way of eating is all about.

This is one of my favourite ways to entertain as you can make so many dishes ahead of time, like hummus, kibbeh and savoury pastries. Cut up a variety of vegetables and bake some crispy pitta wedges and you are on your way to a perfect casual dinner.

Even technology in our hands, by way of mobile phone applications, is there to make our lives easier. With a touch of a button, you can find a recipe, a list of the necessary ingredients, and a picture of the final product. Who needs a shopping list anymore?

Memories and stories can ignite your passion to cook a certain dish, as can music. A glance at a magazine will get you thinking. The weather can be the deciding factor too. We can involve all our senses when choosing to cook the next meal and keep an eye out for fellow shoppers who seem to have it all figured out. But most of all a word of caution, you may very well be overwhelmed with inspiration when shopping on an empty stomach!

Suzanne Hussein launched her first cookbook of modern Arabic cuisine last month called *When Suzanne Cooks*. You can also find her on Facebook. She is a monthly columnist for *BBC Good Food ME*.

Stuffed Peppers

6 SERVINGS

3 red peppers
3 yellow peppers
2 cups short grain rice, rinsed and drained
2 tbs clarified butter
2 tsp cinnamon
2 tsp allspice
4 garlic cloves, minced
3 tbs dried mint
salt and pepper
300 g minced lamb
6 slices of tomatoes
2 tbs olive oil
6 garlic cloves, sliced thin
8 large tomatoes, peeled and puréed
1 cup water
4 tbs tomato paste
½ cup mint, chopped
¼ cup parsley, chopped

1 Cut the tops of the peppers carefully with a knife, leaving the stem intact. Remove the membrane and seeds. Keep the tops as they will be the lids. Rinse and leave aside to prepare the stuffing.

2 In a large bowl place the rice, butter, 1 tsp cinnamon, 1 tsp allspice, minced garlic, 2 tbs dried mint, and salt and pepper, mixing well. Add the minced lamb and, using your hands, mix it into the rice. Fill the hollow peppers loosely $\frac{3}{4}$ full and place 1 tomato slice on top. Repeat for all peppers. Place the filled peppers in a deep baking dish.

3 Preheat oven to 190°C.

4 In a saucepan heat the olive oil and sauté the sliced garlic for one minute and pour in the puréed tomatoes. Add in the water, tomato paste, 1 tbs dry mint, fresh mint, parsley, 1 tsp cinnamon, 1 tsp allspice, salt and pepper. Taste to adjust seasonings. Pour the tomato sauce all around the peppers.



Cover with foil and bake in the preheated oven for 45 minutes until rice is cooked. Serve hot with the tomato sauce and a sprinkle of fresh chopped mint



No one grows Ketchup like Heinz

126g tomatoes used to make every 100g Heinz Ketchup



16 **Green salad**
with pepper lime dressing



23 **Spinach samosas**
with Indian salad



20 **Lentils and baby leeks**

Everyday recipes

- Ready in 30
- Eat well all week
- Creative cauliflower

WIN with **Right Bite** and enjoy a healthy start in 2011

To win an executive lunch package for 2, which includes an entrée, main and snack based on your preference and requirements, please answer the question below and send it in, along with your name and contact details to competitions@bbcgoodfoodme.com.

Question: What is the name of right bites line of low fat, low in sugar, suitable for diabetics bakery and pastry items that allow you to indulge guilt free?



24 **Ratatouille** with goat's cheese



31 **Cream of cauliflower soup**
with sprinkles



29 **Cheesy cauliflower & bacon gratin**

Ready in 30

Fast and healthy after-work suppers, all low-fat or under 500 calories RECIPES JENNIFER JOYCE PHOTOGRAPHS DAVID MUNNS

Crab and avocado salad with pepper lime dressing

15 MINUTES • SERVES 2 • Easy

extra-virgin olive oil
lime 1, juiced
Tabasco or other hot pepper sauce
1/2-1 tsp (depending on how hot you like it)
coriander chopped to make 1 tbsp
young spinach 75g
avocado 1 small, cut into chunks
cherry tomatoes 50g, halved
white crab meat 100g
chunky breadcrumbs
a handful, toasted

1 In a small bowl, mix 2 tbsp oil, the lime juice, hot sauce and coriander, and season well. Divide the spinach between 2 plates.

2 Add the avocado, tomatoes, crab and breadcrumbs to the plates and pour the dressing over just before you eat.

Asparagus and grilled red onion salad with goat's cheese

30 MINUTES • SERVES 2 • Easy

red onion 1 small, cut into thick slices
black olives 10, roughly chopped
red wine vinegar 1 tbsp
extra-virgin olive oil
asparagus 1 bunch, trimmed
orange 1 large, zested and segmented
goat's cheese 2 thin slices, about 50g
flat-leaf parsley chopped to make 1 tbsp

1 Heat the grill. Chop 1 of the onion slices very finely, then put the rest on a non-stick baking sheet, broken up into rings.
2 In a small bowl, mix the olives, the chopped onion, red wine vinegar, 1 tbsp olive oil and some seasoning to make a dressing.
Blanch the asparagus for 1 minute, drain, and rinse in cold water. Arrange the asparagus and orange segments on 2 plates.
3 Grill the onions for 2-3 minutes until softened and frazzled at the edges. Put the goat's cheese on the same tray, then put back under the grill for a minute until golden.
4 Spoon the cheese and onions onto the salad, pour the dressing over and sprinkle with the parsley.

PER SERVING 242 kcals, protein 11.4g, carbs 11.6g, fat 17g, sat fat 5.7g, fibre 4.9g, salt 0.73g



Asparagus and grilled red onion salad with goat's cheese





Tamarind chicken with tomato and mint salad

30 MINUTES • SERVES 4 • **Easy**

UNDER
200
CALORIES

LOW
FAT

skinless chicken breasts 4
 tamarind purée 3 tbsp (find it in the spice aisle – Bart do a good one)
 ginger a small chunk, peeled and grated
 mild chilli powder 3 tsp
 golden caster sugar a pinch
 cherry tomatoes 250g, halved
 red onion 1/2 small, sliced
 mint leaves a handful, chopped
 green chilli 1, seeded and sliced
 lemon 1/2, juiced, 1/2 cut into wedges
 or cheeks to serve

1 Soak wooden skewers for 10 minutes, or use metal ones. Cut the chicken into chunks and put in a bowl with the tamarind, ginger and 2 tsp of the chilli powder. Add a pinch of sugar, season, then toss everything well and leave to marinate for 10 minutes.

2 Mix the tomatoes, onion, mint, green chilli, the remaining chilli powder and the lemon juice. Season and mix well. Thread the meat onto the skewers and grill on a high heat, turning, until golden and cooked through (about 8 minutes). Serve with the salad, and a lemon cheek.

PER SERVING 195 kcs, protein 36g, carbs 7.7g, fat 2.4g, sat fat 0.7g, fibre 1g, salt 1.27g



Grilled miso aubergines

30 MINUTES • SERVES 2 • **Easy**

aubergines 2 small,
halved lengthways
olive oil
miso paste 2 tbsp
mirin 2 tbsp
golden caster sugar a
large pinch
lemon juice 1 tbsp
white or black sesame seeds 1 tbsp
spring onions 4, shredded to serve
rocket to serve



baking tray and roast for 20 minutes.
2 In a small bowl, mix the miso and mirin with the sugar and the lemon juice. Spread this paste over the roasted aubergines and sprinkle with the sesame seeds. Put under a hot grill for 2-3 minutes until golden. Serve scattered with the spring onions and a handful of rocket.

PER SERVING 153 kcals, protein 4.9g, carbs 17g, fat 7.7g, sat fat 0.8g, fibre 4.5g, salt 1.41g

1 Heat the oven to 200C/fan 180C/gas 6. Score a criss-cross pattern into the flesh of the aubergines. Brush with 1 tsp oil and season. Put on a non-stick



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Sea bream with lentils and baby leeks

30 MINUTES • SERVES 2 • **Easy**

Buy lentils 75g

baby leeks 6-8, halved

shallots 2, small, finely chopped

white wine vinegar 1 tbsp

Dijon mustard 1/2 tsp

extra-virgin olive oil

sea bream 2 fillets, about 125g each

UNDER
350
CALORIES

1 Boil the lentils in stock or water until just tender, adding the leeks for the last 2 minutes. Drain. Whisk the shallots,

white wine vinegar, Dijon mustard and olive oil together. Season with salt and pepper.

2 Rub the fish with a little oil and season. Grill skin-side up for 4-5 minutes till

cooked. Spoon the lentils and leeks onto a plate, top with the fish and drizzle with the remaining dressing.

PER SERVING (211g): **ENERGY** 1244kJ (300kcal), **PROTEIN** 24g, **FAT** 11g, **SALT** 0.47g



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all week


6
Superhealthy
suppers

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RECIPES **JOY SKIPPER** PHOTOGRAPHS **AMANDA HEYWOOD**

Mushroom & thyme risotto

SERVES 4 PREP 5 MINS COOK 25 MINS

Easy  **Superhealthy** Counts as 1 of 5-a-day, low fat. Using a mixture of quinoa and rice gives a light texture and lovely nutty flavour to this dish.

1 tbsp olive oil
350g/12oz chestnut mushrooms, sliced
100g/4oz quinoa
1 litre/1¾ pints hot vegetable stock
175g/6oz risotto rice
handful thyme leaves
handful grated Parmesan or vegetarian alternative
50g bag rocket, to serve

1 Heat the oil in a medium pan, sauté the mushrooms for 2-3 mins, then stir in the quinoa. Keeping the vegetable stock warm in a separate pan on a low heat, add a ladle of the stock and stir until absorbed. Stir in the rice and repeat again with the stock, until all the stock has been used up and the rice and quinoa are tender and cooked.


2 Stir in the thyme leaves, then divide between 4 plates or bowls. Serve topped with grated Parmesan and rocket leaves.

PER SERVING 302 kcals, protein 11g, carbs 51g, fat 7g, sat fat 2g, fibre 3g, sugar 4g, salt 0.74g

New twist on risotto

TIP You can cook quinoa, a South American seed, just like a grain. It makes a great alternative to rice and couscous, and is high in protein, so is particularly good for vegetarians.

Spinach samosas with Indian salad

SERVES 4 PREP 25 MINS COOK 20 MINS  

Superhealthy Counts as 4 of 5-a-day, good source of iron and calcium, low fat. *These samosas can be served hot or cold and are brilliant for lunchboxes. Using frozen spinach cuts down on cooking time.*

FOR THE SAMOSAS

600g/1lb 5oz frozen chopped spinach, defrosted and drained

4 spring onions, trimmed and sliced

100g/4oz cherry tomatoes, quartered

1 tbsp garam masala

6 sheets filo pastry

2 tbsp olive oil

FOR THE SALAD

100g/4oz cherry tomatoes, halved

4 spring onions, sliced

1 carrot, cut or peeled into long strips

1 tsp mustard seeds

1 green chilli, sliced

juice ½ lime

1 Heat oven to 200C/180C fan/gas 6. In a large bowl, mix the spinach, spring onions, cherry tomatoes and garam masala with a grinding of pepper.

2 Lay out a sheet of filo and cut it lengthways into 3 long strips. Brush roughly with the oil – don't worry about covering the whole sheet. Spoon tablespoons of mix onto the top of each strip and fold each over into a triangle. Keep folding until each strip of filo is used up. Brush with any remaining oil, then bake for 20 mins until golden and crisp.

3 To make the salad, toss all the ingredients together and serve alongside.

PER SERVING 224 kcal, protein 9g, carbs 28g, fat 9g, sat fat 1g, fibre 6g, sugar 9g, salt 0.85g

Leftovers make a great snack or lunchbox filler



Get four of your 5-a-day
in one portion

Ratatouille with goat's cheese

SERVES 4 • PREP 10 mins • COOK 40 mins **Easy**

Superhealthy Good source of vitamin C, counts as 4 of 5-a-day. Ratatouille is a great way of getting a good portion of veg. This recipe requires little effort as it's baked in the oven in one roasting tin.

- 1 red onion, cut into 8 wedges
- 1 medium aubergine, cut into bite-size pieces
- 2 medium courgettes, thickly sliced
- 1 red and 1 yellow pepper, deseeded and chopped into bite-size pieces
- 1 tbsp olive oil
- 400g can chopped tomatoes
- handful basil leaves, roughly torn
- 100g/4oz vegetarian goat's cheese, crumbled

1 Heat oven to 200C/180C fan/gas 6. Place the onion, aubergine, courgettes and peppers in a roasting tin and toss with the oil. Season and roast for 30 mins until cooked.

2 Stir in the tomatoes and basil, then scatter over the cheese. Return to the oven for 10 mins more until bubbling and the cheese has melted. Serve hot with some crusty bread, in a jacket potato or over pasta.

PER SERVING 174 kcals, protein 10g, carbs 12g, fat 10g, sat fat 5g, fibre 5g, sugar 10g, salt 0.59g



Stockholm:

Synonymous with style

Boasting elegant, timeless styling GreenPan's Stockholm Collection is a first class cookware series designed to meet even the most sophisticated culinary needs and kitchen styles.



Turkey & pepper pittas

SERVES 2 • PREP 15 MINS • COOK 10-12 MINS Easy

Superhealthy High in fibre, good source of vitamin C, counts as 2 of 5-a-day

- 1 tbsp olive oil
- 200g/7oz turkey breast, cut into strips
- pinch chilli flakes
- 1 red and 1 yellow pepper, deseeded and cut into strips
- 3 spring onions, trimmed and sliced
- 1 avocado, stoned, peeled and sliced
- handful coriander leaves
- 2 wholemeal pitta breads, toasted and halved to form pockets
- 2 tbsp soured cream

1 Heat the oil in a wok or large frying pan and fry the turkey and chilli flakes for 5-6 mins. Add the peppers and spring onions and stir-fry until the turkey is cooked but the peppers still have crunch. Season.

2 Divide the avocado and coriander between the pitta halves, then spoon in the turkey and pepper mix. Add a dollop of soured cream to each and serve straight away.

PER SERVING 526 kcals, protein 35g, carbs 45g, fat 24g, sat fat 5g, fibre 9g, sugar 11g, salt 1.05g

Inspired by the forward thinking of the United Nation's 1972 Convention on the Human Environment, GreenPan's Stockholm collection encompasses a clever array of modern design elements to ensure everyday food preparation, cooking and cleaning up is safer, more exciting and easier than ever before.

Like all GreenPan products, each piece in the Stockholm collection features the brand's own non-stick Thermolon™ rocks coating. Made from minerals instead of plastics Thermolon™ rocks is 100% PTFE free and is manufactured without the use of any PFOA. Users can therefore rest assured no toxic fumes will ever be released into their homes or persistent pollutants emitted into the environment.

Unlike traditional non-stick coatings which are safe to only 260°C, Thermolon™ rocks is heat resistant to a whopping 450°C, making GreenPan products ideal for short high heat searing, frying and even flambéing. Applied to both the interior and exterior of Stockholm pieces, Thermolon™ rocks superior release properties aid in ensuring an effortless clean every time. The Stockholm collection also features ergonomically designed, riveted cast hollow stainless steel handles for safe and comfortable cooking.

Stockholm pieces are suitable for all cook top types, including induction and are oven safe.




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Spring vegetable tagliatelle with lemon & chive sauce

SERVES 4 • PREP 10-15 MINS • COOK 10-12 MINS  HIGH IN FIBRE, GOOD SOURCE OF FOLIC ACID, LOW FAT

450g/1lb mixed spring vegetables such as green beans, asparagus, broad beans and peas
400g/14oz tagliatelle
1 lemon
1 tbsp Dijon mustard
1 tbsp olive oil
3 tbsp snipped chives
grated Parmesan (or vegetarian alternative), to serve

1 Halve the green beans and cut the asparagus into 3 pieces on the diagonal. Cook the tagliatelle, adding the vegetables for the final 5 mins of the cooking time.

2 Meanwhile, grate the zest from half the lemon and squeeze the juice from the whole lemon. Put juice in a small pan with the mustard, olive oil and a little black pepper. Warm through until smooth.

3 Drain the pasta and veg, adding 4 tbsp of the water to the lemon sauce. Return the pasta to the pan, reheat the sauce, adding most of the chives, then add to the pasta, tossing everything together well. Divide between 4 shallow bowls and top each with black pepper, Parmesan and the remaining chives.

PER SERVING 469 kcals, protein 21g, carbs 84g, fat 8g, sat fat 3g, fibre 7g, sugar 4g, salt 0.48g



Dinner never gets boring
at Chef's House



Quick and
easy one-pot

Chicken & vegetable stew with wholemeal couscous

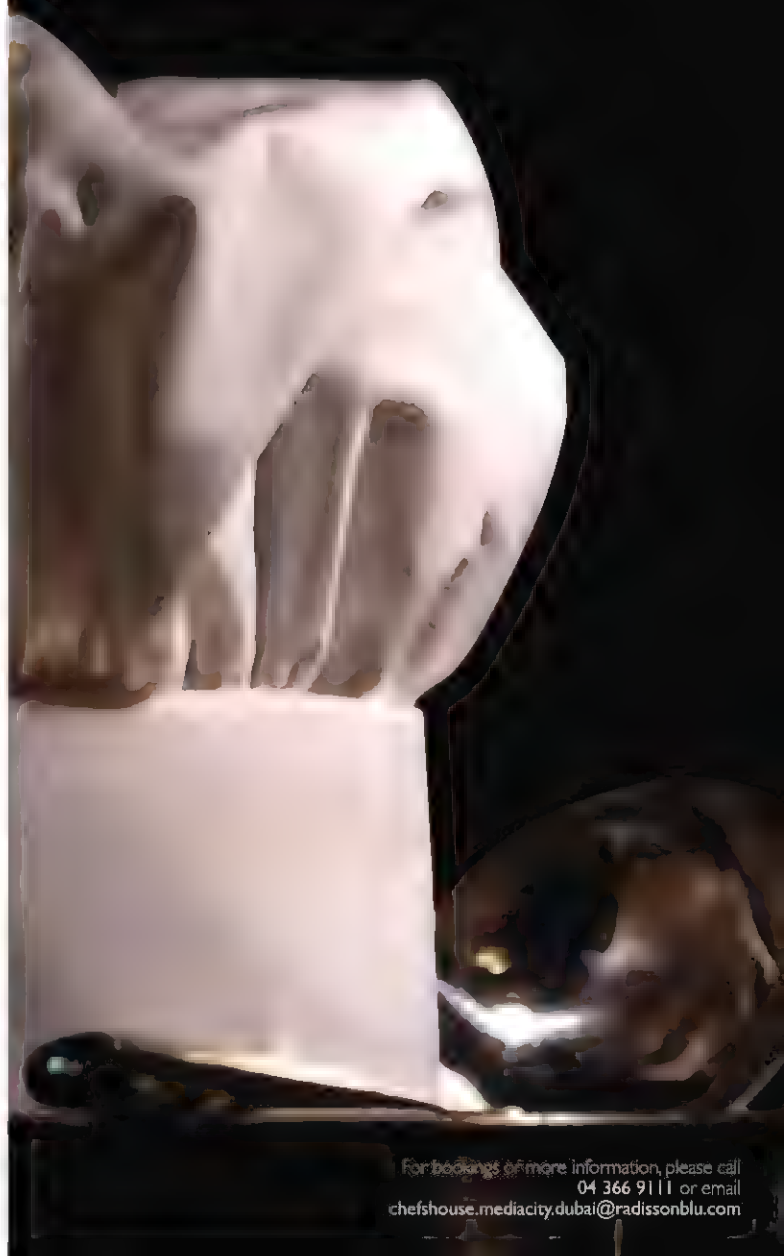
SERVES 2 • PREP 10 MINS • COOK 30 MINS 

Superhealthy Counts as 1 of 5-a-day, good source of iron, low fat

1 tbsp olive oil
2 skinless chicken breasts, cut into chunks
1 small onion, sliced
1 garlic clove, crushed
pinch each paprika and saffron
50g/2oz baby sweetcorn, halved
50g/2oz asparagus tips
50g/2oz peas
50g/2oz cherry tomatoes, halved
150ml/¼pt chicken stock
140g/5oz wholemeal couscous

1 Heat the oil in a pan, cook the chicken for 5-6 mins, then remove with a slotted spoon. Add onion and cook for 2-3 mins before adding the garlic, paprika, saffron, sweetcorn, asparagus, peas and tomatoes. Cook for 2-3 mins more. Return the chicken to the pan, pour in the stock, then cover and simmer for 15 mins.
2 Meanwhile, cook the couscous following pack instructions. To serve, fluff the couscous with a fork and divide between 2 bowls before spooning over the stew.

PER SERVING 347 kcs, protein 32g, carbs 46g, fat 5g, sat fat 1g, fibre 3g, sugar 5g, salt 0.2g



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EVERYDAY



Rediscover cauliflower

Barney Desmazery puts this great British brassica centre stage in four delicious new recipes **PHOTOGRAPHS PETER CASSIDY**

When was the last time you served golden, melty cauliflower cheese with your Sunday roast? With sales of cauliflowers in decline, it seems that we've even forgotten about this delicious, once-popular side dish.

Cauliflower has fallen out of fashion – perhaps due to the rise of broccoli as a much-touted superfood or memories of mushy, overboiled cauliflower at school – so I'm on a mission to get everyone to buy and cook it more often. Cooked the right way, it becomes a beautiful vegetable – I love it lightly steamed and tossed with something salty like bacon. Or boil it, then drain while it retains a crunch and serve drizzled with melted butter.

BUY THE BEST

There are several varieties of cauliflower, a member of the brassica family that includes cabbage and broccoli. Caulis range from the common white to light green and purple, but they all pretty much taste and cook the same. The one exception is the psychedelic lurid green Romanesco, which tastes more like broccoli and doesn't need to be cooked as long as other cauliflowers.

The best way to choose a fresh cauliflower is to look at the leaves – they should be crisp and bright green. However, supermarkets tend to sell them with the leaves cut off. So instead look for nice, tight florets that haven't been scuffed or damaged. A fresh cauliflower will keep in the fridge for about a week. If any small blemishes appear they can be trimmed off before cooking.

HEALTHY BENEFITS

Cauliflower is low in fat and rich in immune-boosting vitamin C, fibre and folic acid. It contains potent anti-cancer compounds, which improve the liver's ability to detoxify, and also help to manage levels of the female hormone, oestrogen.



Cauliflower vinaigrette

SERVES 8 • PREP 15 MINS • COOK 7 MINS **Easy** Counts as 1 of 5-a-day
This salad goes brilliantly with cold meats. If you can't find a Romanesco cauliflower, just use another small cauliflower.

1 small cauliflower, cut into florets
1 Romanesco cauliflower, cut into florets
1 small red onion, very finely chopped
small handful capers, rinsed
handful flat-leaf parsley, chopped
FOR THE DRESSING
6 tbsp olive oil
2 tbsp red wine vinegar
1 tbsp Dijon mustard

1 Make the dressing by whisking all

the ingredients together with some seasoning in a large bowl, then set aside.
2 Bring a large pan of water to the boil, cook the cauliflower for 5-7 mins until just cooked, then drain well. While the cauliflower is still hot, toss it with the dressing and leave to cool. Just before serving, add the red onion, capers and parsley.

PER SERVING 114 kcals, protein 3g, carbs 5g, fat 9g, sat fat 1g, fibre 3g, sugar 3g, salt 0.28g

Cheesy cauliflower & bacon gratin

SERVES 4 • PREP 15 MINS •

COOK 45-50 MINS **Easy**

This very indulgent version of cauliflower cheese is inspired by the après-ski classic tartiflette.

1 tsp vegetable oil
200g/8oz smoked bacon lardons
or cubetti di pancetta
2 large onions, sliced
800g/1lb 12oz potatoes, thickly sliced
1kg/2lb 4oz cauliflower,
cut into bite-size florets
100g/4oz medium-mature cheddar
or Gruyère, coarsely grated
250ml/9fl oz double cream

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in a pan and fry the bacon for 5 mins until just starting to crisp. Add the onion and sizzle for 12 mins until soft and golden.

2 Meanwhile, tip the potatoes into a large pan of water, making sure they are well covered. Bring to a gentle boil, then add the cauliflower and cook everything for 6-7 mins until both are tender. Tip into a colander and drain thoroughly.

3 In a gratin dish, layer the potato and cauliflower, then scatter with bacon, onion and a small handful of cheese. Drizzle each layer with a little cream and season. Continue until all the layers are finished, pour over the remaining cream and scatter with the last of the cheese. Bake for 30 mins until bubbling. Remove from the oven and set aside for 1 min to rest. Serve straight from the dish with a crisp green salad.

PER SERVING 817 kcals, protein 29g, carbs 51g, fat 57g, sat fat 29g, fibre 9g, sugar 14g, salt 2.12g

If you like cauliflower cheese, you will love this



Cauliflower & potato curry

SERVES 4 • PREP 15 MINS • COOK 40 MINS **Easy**   Counts as 3 of 5-a-day, low fat

2 tbsp vegetable oil
1 large onion, chopped
large piece ginger, grated
3 garlic cloves, finely chopped
½ tsp turmeric
1 tsp ground cumin
1 tsp curry powder, or to taste
227g can chopped tomatoes
½ tsp sugar
1 cauliflower, cut into florets
2 potatoes, cut into chunks
1 small green chilli, halved lengthways
squeeze lemon juice
handful coriander, roughly chopped, to serve
naan and natural yogurt, to serve

1 Heat the oil in a saucepan. Cook the onion for 10 mins until soft, then add the ginger, garlic, turmeric, cumin and curry powder. Cook for 1 min more.

Stir in the tomatoes and sugar. Add the cauliflower, potatoes and split chilli, seasoning to taste. Cover with a lid and gently cook for a good 30 mins, stirring occasionally, until the vegetables are tender – add a drop of water if you need to, but it is meant to be a dry curry.

2 When the vegetables are cooked, remove the chilli, if you like, stir in a squeeze of lemon juice and scatter with coriander. Serve with your choice of Indian bread and a dollop of yogurt.

OR WHY NOT TRY...

- Dressing hot, boiled cauliflower florets in anchovies mashed with garlic, olive oil and lemon juice.
- Tossing steamed cauliflower through a little mascarpone mixed with grated Parmesan and black pepper.
- Coating cauliflower in turmeric and cumin, then roasting in a drizzle of oil until slightly singed and crisp.
- Cooking cauliflower with your potatoes before mashing for a tasty shepherd's pie or cottage pie topping.



PER SERVING 212 kcals, protein 11g, carbs 26g, fat 8g, sat fat 1g, fibre 6g, sugar 10g, salt 0.15g

One-pan vegetarian
main course





Cream of cauliflower soup with sprinkles

SERVES 6-8 • PREP 15 MINS • COOK 20-25 MINS **Easy**  WITHOUT BACON  *When I serve this velvety soup at dinner parties, I like to offer a pick-and-mix of sprinkles. They can all be made ahead and keep both vegetarians and meat-eaters happy.*

25g/1oz butter
1 large onion, finely chopped
1 leek, finely sliced
3 celery sticks, finely sliced
2 cauliflowers, cut into florets
500ml/18fl oz milk
1 litre/1¾ pints vegetable stock
150ml/¼pt double cream
grating of nutmeg
SPRINKLES, TO SERVE
crisp bacon bits
rough croutons
chopped hard-boiled eggs
crumbled blue cheese

1 Heat the butter in a large saucepan and add the onion, leek and celery. Cook very gently for 10 mins until soft but not coloured. Add the cauliflower, milk and stock. Bring to a simmer, then gently cook for 10-12 mins until the cauliflower is tender. Add the cream and bring back to the boil. Season with salt and nutmeg, then place in a blender and blitz until smooth. If you like, you can sieve the soup to make it even smoother – I think this makes a difference and doesn't take much more effort, but it's certainly not essential.

2 To serve, bring the soup to the table in the pan with a ladle and little dishes of all the different things you want to serve as sprinkles. Let everyone help themselves. I like to take little servings of soup and scatter over something different each time for variety.

PER SERVING 302 kcals, protein 16g, carbs 14g, fat 21g, sat fat 11g, fibre 5g, sugar 12g, salt 0.67g

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Eat well for optimum health

With New Year's resolutions often revolving around lifestyle changes, Michelle Robertson interviewed Patrick Holford, nutritional therapist and author of *The 10 Secrets of 100% Healthy People*, when he was in Dubai last month to ask him what we should be eating in 2011.





As the founder of the Institute for Optimum Nutrition in the UK and one of Britain's best-selling authors on nutrition, Patrick Holford's latest book, *The 10 Secrets of 100% Healthy People* has been a much-anticipated new release. The book is based on the feedback of one of the biggest, and most comprehensive health and diet surveys in the UK that analysed the health and lifestyle of the 55,000 people who took part. His new book was created from the findings of the survey, and highlights 10 secrets of some of the healthiest people in the UK.

While most people would probably consider themselves healthy, Holford notes that many people are suffering unnecessarily and living with a range of symptoms that they needn't too. Often, people accept common complaints such as fatigue, memory loss and weight gain as normal, or as part of the ageing process.

In the research for his book, the secrets of being 100 percent healthy were found not by studying people that were sick, but rather by analysing the results of people who all thought they were relatively healthy.

So, what does it mean to super healthy? According to Holford, this means waking up full of energy, having a clear mind, a balanced mood, motivation and not getting sick. People who are super healthy rarely see a doctor, they maintain their weight, have great skin and generally look and feel fantastic and often look younger than they actually are.

According to Holford's new book, the top 10 qualities of super healthy people are; perfect digestion, balanced blood sugar levels, low homocysteine levels, increased daily consumption of anti-oxidants and essential fats, a hydrated and fit body, vital energy, the ability to leave the past in the past and the courage to go after one's dreams and goals.



To simplify things further, super healthy people eliminate or significantly reduce the amount of sugar they consume, check for food intolerances or allergies and avoid these foods for up to 12 weeks, eat more fibre (wholegrains, fruits and vegetables), eat four or five small meals rather than three large ones, eat protein with every meal or snack, eat more foods that are high in B-vitamins, aim to eat oily fish at least twice a week and increase consumption of foods that are rich in anti-oxidants.

WEIGHT LOSS AND DIABETES

In addition to helping healthy people become healthier in general, Holford's book gives detailed advice for people suffering from a range of specific ailments. From diabetes to obesity, Holford believes that by looking at and treating the whole system, through nutrition, a glycemic load (GL) diet and supplementation, we can now not only prevent certain diseases, but we can reverse it.

Despite new evidence that diabetes can be reversed, the number of people being diagnosed with diabetes continues to escalate; "Today, the number of people with diabetes has reached 300 million, with projections that it will reach half a billion by the year 2025," says Patrick Holford. In the UAE alone, we have the second highest prevalence of diabetes worldwide, with 25 percent of the population affected.

While there are many factors that can contribute to diabetes, weight gain and difficulty losing weight, the first place to start is to balance blood sugar levels. When blood sugar is low, the results are hunger and in many cases extreme tiredness.

Holford details that by eating a fast-energy releasing, high GL food or drink, such as sweets, refined carbohydrates (pies, white bread, cakes, croissants etc.), blood sugar levels will rise rapidly, but it will dump the excess sugar and store it as fat. This results in a cycle whereby blood sugar levels then drop again and the body reacts by craving more sweets and refined carbohydrates.

By controlling blood sugar levels with 'the right foods', blood sugar levels will even out, energy levels will return and weightloss will be quicker and easier.



HEALTH TALK

PATRICK HOLFORD



"Eating carbohydrates with protein at every meal, eating four small meals a day and taking a teaspoon of cinnamon a day is a good place to start. Simple changes such as replacing a high sugar fruit, such as a banana, with a cup of strawberries and a handful of nuts will help you get through mid-morning hunger pangs. For lunch a wholemeal brown sandwich with chicken and salad will ensure that your blood sugar levels remain constant throughout the afternoon and prevent you from snacking," says Holford.

The GL diet is a more advanced version of the popular GI diet that works on how our bodies digest and process carbohydrates. Popular with celebrities such as Courtney Cox, Naomi Campbell and Jennifer Lopez, within this diet, you want food that is low GI or GL; these are foods which releases the sugars slowly, sustaining your energy throughout the day. As a general guideline, foods with a GL number of 10 are low (Brazil nuts, wholegrain bread, legumes), 11-19 is medium, and 20 plus is high (white bread, sweets, refined sugar).

This diet is more a way of life, rather than a fad diet, and one that can help keep your blood sugar levels more constant.

ANTI-AGEING

If the words wrinkle or old age send you into a frenzy, then Holford's third and fourth secrets are worth taking note of. Secret three refers to a process called methylation.

"The ability to slow down the ageing process is controlled by methylation. Depending on how good your body is at methylation will determine how and when you age and how long you will live," notes Holford.

Methylation levels can be tested by a simple blood test

that measure homocysteine levels. Stress, smoking, drinking coffee and a diet low in B-vitamins and folic acid can all raise homocysteine levels, states Holford.

There are several foods that are high in foliate that can help lower homocysteine levels and increase energy. These foods include wheatgerm, cooked lentils, millet flakes, sunflower seeds, endive, dried cooked chickpeas, spinach, romaine lettuce, broccoli, kidney beans, peanuts and brussel sprouts.

"Eating one orange, one large serving of broccoli, spinach, brussel sprouts and a bowl of miso soup would be an example of what you would need to eat in a day to achieve an intake of 400mcg of folate," says Holford.

The fourth secret related to anti-ageing is anti-oxidants and their importance in slowing down the ageing process. "We actually have the choice to age fast or to age slow depending on our lifestyle and diet choices," says Holford.

"The amount of antioxidants that you maintain in your body is directly proportional to how long you will live," states Dr Richard Cutler, former director of the US Government Anti-ageing Research Development.

So, what exactly is an anti-oxidant? Before you understand what an anti-oxidant is its important to understand oxidation. Oxidants from our environment, car fumes, burnt or fried food, cigarette smoke etc, age us by damaging our cells. However to slow down or reverse this process it is imperative to increase your intake of anti-oxidant nutrients.

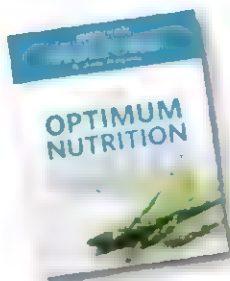
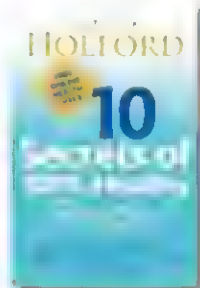


Fruits with the deepest colours have more anti-oxidants so aim to up your intake of strawberries, blueberries and raspberries. Dark chocolate is also very rich in anti-ageing anti-oxidants, milk chocolate on the other hand may inhibit the body's absorption of antioxidants, says Holford. Other tips include eating at least five to eight servings of fruit and vegetables per day and having some raw food for at least one meal a day. Heating food destroys anti-oxidants so go raw when you can.

For optimum health this year, don't try and make too many changes at once. Opt for small changes that you feel comfortable with. Start with something relatively easy and build on that. If you currently eat a lot of refined products, white bread, cakes, pasta, biscuits etc then just making the switch to wholemeal will make a big difference to your energy levels, digestion and skin. Finally, if you can remember that everything is good for you in moderation then you are already half way there.

10 NUTRITION TIPS FROM PATRICK HOLFORD

- 1 Go for dark chocolate rather than milk chocolate
- 2 Always eat fruit with a handful of nuts or seeds
- 3 Avoid high sugar fruits
- 4 Replace white bread with brown
- 5 Eat at least five to eight servings of brightly coloured fruit or vegetables per day
- 6 Cut down on sugars, fats and refined foods
- 7 Eat oily fish twice a week
- 8 Add some wheatgerm to your diet
- 9 Eat some protein at each meal
- 10 Eat four or five small meals a day, rather than three bigger meals



WIN WIN WIN!!!

Five lucky readers stand a chance to win a signed copy of *The Optimum Nutrition Cookbook* by Patrick Holford.

To enter, email your name and contact details to competitions@bbcgoodfoodme.com.

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Festive Argentine fare

Norberto Palacios from Asado, The Palace – The Old Town taught *BBC Good Food ME's* Food Club to create three festive dishes with an Argentine flavour. Divine dishes to create over the holiday season, we think you could enjoy these recipes all year round

The culinary stage was set once again at the beautiful Pedini and Mark Wilkinson Furniture showroom along Sheikh Zayed Road Dubai, where chef de cuisine Norberto Palacios took to the showroom kitchen to teach us three gorgeous festive dishes inspired by the cooking techniques and ingredients used in Argentine cooking.

To start, chef Norberto presented a turkey empanada. The empanada is a Latin American pastry that is often stuffed with cheese, beef, chorizo or even tuna or cod, but with Christmas just around the corner, Norberto created empanadas stuffed with turkey. He used the leg of the turkey – which is a slightly fattier and more flavoursome part of the bird, and the slow-cooked boiled turkey, sautéed with the vegetables was succulent and delicious. With nimble fingers, Norberto pinched together the discs of dough to create beautiful-looking parcels. Into the oven they went, and we all enjoyed these starters of lightly-crunchy pastry and tender meat.

From there, it was to the mains of salmon fillet, layered with slivers of potato and topped with a sauce of carrot juice,

ginger and orange, which was added to a caramelised sugar. The salmon was lightly cooked on the pan for a few minutes, and then cooked in the oven until done. Norberto advises that if you have an all-metal pan you can place this straight into the oven, but if your pan has a plastic handle, rather place the salmon straight into the oven – directly onto the tray at a very high heat, for a few minutes, and then bring the heat down to cook the salmon a little more.

The dessert of slow-baked apples with basil cream and vanilla ice cream was lovely end to the evening. The apples, decadently-infused with sugar, cinnamon and butter, were soft, but chewy. The basil cream tamed the sweetness very well and the hot apples, with the cold ice cream was a lovely combination of temperatures.

A delicious feast for the senses, this most definitely got our Food Club members into the holiday mood. The Palace team surprised us with mince pies and Christmas cookies too, which ended off the last *BBC Good Food ME* Food Club masterclass of 2010 perfectly.



STARTER

Turkey empanada

SERVES 12

THE DOUGH

1kg flour
1 cup butter
1 tbsp salt
1 cup water

THE TURKEY

2 legs turkey
1 white onion, chopped
3 tomatoes, diced
3 carrots, diced
1 tbsp salt
1 tsp white peppercorn

THE SAUCE

1 tsp chilli flakes
3 tomatoes
1 clove garlic
1 onion
3 tbsp olive oil
1 tsp salt

For the dough:

- 1** Mix all the ingredients together and make the dough.
- 2** Put in the fridge and leave for two hours.
- 3** Roll the dough until it is 2mm thick and cut with a mould into a round shape, about the circumference of a cup.

For the turkey:

- 1** Boil the turkey leg in a pot with vegetable stock until soft and remove the meat from the bones easily.
- 2** After that remove all the bones and chop the turkey into cubes.
- 3** Sauté the vegetables in a pot with olive oil, add the turkey and cook in a slow fire for 20 mins approximately.
- 4** Fill up the dough disc and fold accordingly.
- 5** Brush with egg and bake at 200 degrees C for 12 mins.

For the sauce:

- 1** Grate the whole tomato and add chopped garlic, chopped onions, chilli flakes, salt and finish with the olive oil.

For the presentation:

Serve the empanadas with the sauce on the side



CHEF'S BITES

MAIN

Salmon with potato, spinach gnocchi and carrot sauce

SERVES 6

THE SALMON

1 salmon fillet
10g butter
300g baby potato
white peppercorns, to taste
salt, to taste

THE GNOCCHI

1 cup milk
4 eggs
½ cup parmesan cheese
¼ cup butter
100g butter
150g flour
1 tsp salt

THE CARROT SAUCE

1 l carrot juice
¼ cup ginger juice
½ cup orange juice
3 tbsp sugar
¼ cup white vinegar
1 tsp sea salt

For the salmon:

- 1 Cut the salmon into six pieces of similar size, add salt and pepper.
- 2 Cut the potatoes into thin slices with a knife or mandolin. Do not rinse the potato slices as the starch will help the slices stick together.
- 3 Place the potato slices on top of the salmon, overlapping the slices.
- 4 Using a kitchen brush paint the potatoes with butter previously melted in a pot, and then keep the salmon in the fridge till the butter become solid, repeat the action one more time.
- 5 Warm a non-stick pan over medium-high heat, place the salmon, skin-side up in the pan. Cook for a 1 min and then place it into the oven for 5 minutes more. Take out from the oven and turn the fish over with a spatula and serve on the plate.



For the gnocchi:

- 1 Sift flour into a bowl. Bring milk and butter to a boil in a saucepan, stirring until the butter has melted.
- 2 Reduce heat, then, when mixture is simmering, add flour all at once and cook, stirring vigorously with a wooden spoon, until mixture pulls away from side of pan, 1 to 2 minutes.
- 3 Remove from heat and stir in the cheese, salt, and pepper and the steamed spinach blended. Add eggs one at a time, stirring vigorously after each addition until mixture is smooth. Transfer dough to pastry bag.
- 4 Pipe the dough directly into a pot of salted boiling water, using a paring knife to cut off dough at tip. Simmer gnocchi until they rise to surface, then transfer with a slotted spoon to a tray with olive oil and cool down into the fridge.

For the sauce:

- 1 Stir the carrot juice with the ginger and orange juice.
- 2 In a saucepan, combine the sugar and vinegar and bring to the boil until the sugar has dissolved, whisk it adding the juices, and then let it reduce for 10 mins.
- 3 Finish the sauce adding cubes of hard butter.

For the Presentation:

Place the sauce in the center of the plate, over the sauce the salmon and the gnocchi to the side, serve the radicchio salad on top of the salmon as a garnish.

DESSERT

Baked apple with basil cream

SERVES 6

THE APPLES

3 golden apples
1 cinnamon stick
6 tbsp butter
6 tbsp sugar

THE BASIL CREAM

1 cup cream
2 tbsp icing sugar
1 tbsp butter

THE PRESENTATION

½ kg vanilla ice cream

For the apples

- 1 Cut the apples in half and remove the seed, wrap the apples in aluminum foil with the sugar, butter and a cinnamon stick. Make sure you don't wrap the apples too tightly as you want space for the sauce to run.
- 2 Cook in the oven at 160 degrees C for 1 hour.
- 3 Remove the apple from the aluminium foil and keep the juice to be used as sauce of the dish.

For the basil cream


- 1 Boil the basil in water for 1 minute, cool down in water with ice and blend it, strain it and reserve.
- 2 Whisk the cream with the sugar till get a chantilly cream and incorporate the basil, chill in the fridge.

For the sauce

- 1 Warm a non-stick pan with butter, and place the apples, skin-side up in the pan.
- 2 Cook about 1 min and then remove it, add sugar and the orange juice, and the juice from the apples, reduce till get a tick sauce.

For the Presentation

Place the sauce into the centre of the plate, over the sauce one table spoon of basil cream the warm apple on top of the cream and finish with a scoop of vanilla ice cream.



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Gordon Ramsay's MASTERCLASS

Exclusive
step-by-step
recipe



Rack of lamb with warm salad of mixed beans & slow-roast tomatoes

SERVES 2 • PREP 40 MINS •

COOK 30 MINS **Moderately easy**

For summer eating I like to trim the rack right down to just the eye of the meat, making it really quick to cook and leaner to eat. You can ask your butcher to do this for you, or page.

FOR THE SLOW-ROAST TOMATOES

2 tbsp olive oil
3 ripe plum tomatoes, trimmed and halved
few thyme sprigs
3 garlic cloves, left whole
1 tbsp balsamic vinegar
handful basil leaves

FOR THE LAMB

1 x 8-bone rack of lamb, well trimmed (see Tips for success, over the page)
1 tbsp olive oil
25g butter
4 garlic cloves, smashed but with skin on
few thyme sprigs

FOR THE WARM BEAN SALAD

200g podded broad beans
200g fine beans, trimmed
85g mangetout
1 tbsp olive oil
2 shallots, finely sliced into rings
small handful toasted flaked almonds

FOR THE DRESSING

2 tbsp olive oil
1 tbsp balsamic vinegar

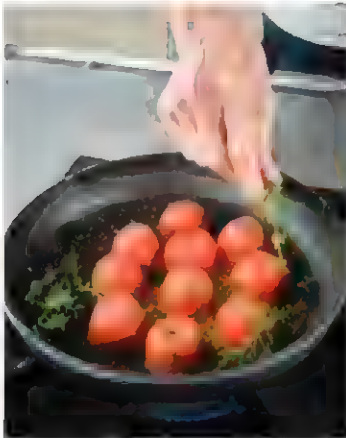
PER SERVING 892 kcs, protein 48g, carbs 25g, fat 68g, sat fat 21g, fibre 13g, sugar 15g, salt 0.41g

“A lean rack of lamb with a selection of the finest vegetables takes me back to my younger days, cooking on a yacht sailing around the Mediterranean— there I learnt to treat summer ingredients with respect and let their natural flavours shine through”



Something special for the two of you

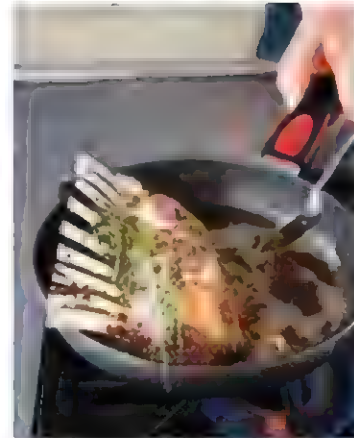
CHEF'S BITES GORDON RAMSAY



1 Heat oven to 220C/200C fan/gas 7. For the tomatoes heat the oil in an ovenproof frying pan (see My tips, opposite) and fry cut-side down. Add the thyme and garlic and cook for 3 mins until coloured. Turn over the tomatoes, drizzle with vinegar, then roast in the oven for 20 mins until soft and caramelised. Leave to rest.



2 While the tomatoes are roasting, cook the lamb. Season the meat generously and heat the oil and butter in another ovenproof frying pan. Place the lamb, fat-side down, in the pan and scatter round the garlic and thyme. Brown the lamb really well, then turn over.



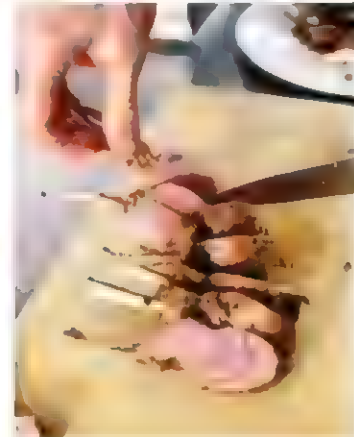
3 Baste the lamb with the pan juices, then transfer to the oven for 10 mins for lamb that is pink. If you prefer it more well done, give it 5 mins more. Leave the lamb somewhere warm to rest.



4 While the lamb is cooking, prepare the bean salad. Bring a large pan of salted water to the boil and cook the broad beans for a few mins. Scoop them out with a slotted spoon straight into a bowl of ice water, then slip them from their skins into a bowl. Boil the fine beans for 2 mins, then add the mangetout and cook both for 1 min longer. Drain, plunge into iced water (see tips, opposite), leave for 1 min to cool down, then drain again.

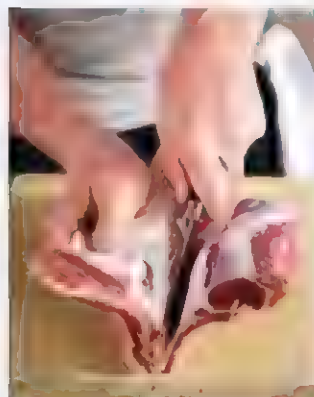


5 Heat the oil in a frying pan, quickly cook the shallots for 1 min until starting to soften and colour, then add the fine beans and mangetout. Cook for about 1 min to heat through, then toss in the almonds and finally toss through the broad beans.

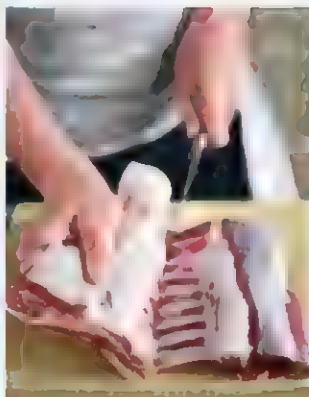


6 Scatter the basil over the tomatoes, saving a few of the very small leaves for garnishing. Make the dressing by simply whisking the oil and vinegar together. Carve the lamb into cutlets on a board with a very sharp knife (see tips, opposite). You are now ready to plate up.

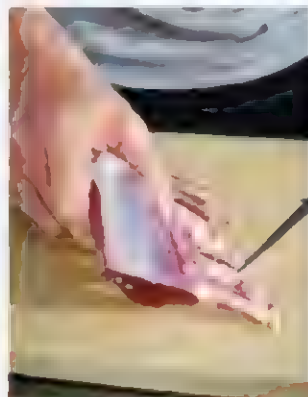
TRIMMING A RACK OF LAMB



1 Pull the layer of fat away using a knife to help cut it from the bone. There will be some meat layered in the fat but not much.



2 Trim the fat off the bones so that only the eye of the meat is attached.



3 Use a sharp knife to cut away and scrape the meat from between the bones.



4 Use a tea towel to pull any bits of gristle or fat from the bone.

PLATE UP LIKE A PROFESSIONAL



1 Place the salad to one side of each plate.



2 Line up three tomato halves down the other side of the plate.



3 Lay three chops on top of the salad, slightly overlapping, with the bones pointing in the same direction.



4 Drizzle the dressing around the plate and scatter the small basil leaves over the tomatoes.

MY TIPS FOR SUCCESS

LAMB To keep the lamb neat, I trim the rack right down to the eye of the meat. Your butcher should be able to do this – just ask him to trim away all the fat, leaving the fillet attached to the bone.

For a more traditional option that will give you more meat, ask your butcher for a rack that

is French trimmed and roast as stated in the recipe, giving it 10 mins longer in the oven.

Ovenproof pans Use frying pans with heatproof or detachable handles so that they can go into the oven. If your frying pans aren't ovenproof, simply colour the tomatoes and meat as before,

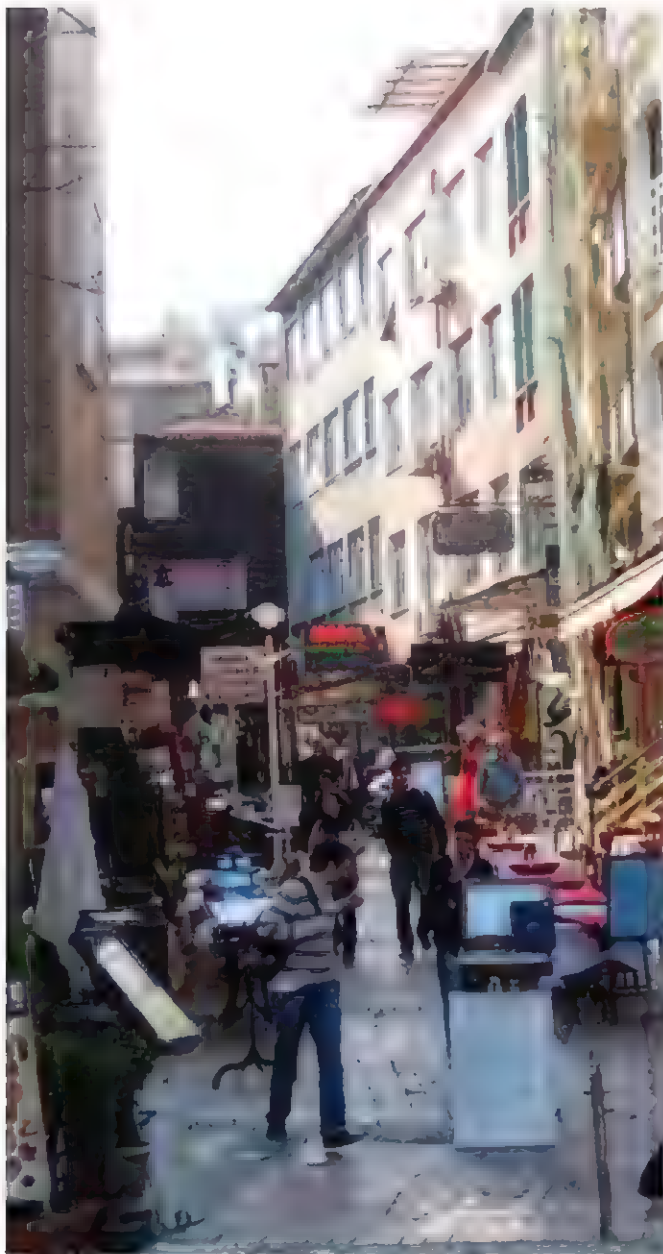
then transfer to roasting trays before they go in the oven.

GREEN VEG Whenever you boil green veg that is to be reheated, have a big bowl of ice water to hand to plunge them into after draining – it's the only way to keep them bright green.

CUTLETS For even-size plump lamb cutlets when carving: starting at one end, cut between the bones and discard the fourth bone, then continue and again discard the fourth bone – make sure it's just the bone, leave all the meat on.

Istanbul delights

A city that lies both on Asia and Europe, Istanbul is a fusion of culture and contrast. *Lauren Hills* took to the cobbled city streets to explore not only the incredible architecture, but the delicious delicacies too.



Meandering down the streets of Sultanahmet, the historical heart of Istanbul, there is a pulsing street life that speaks not only of the here and now, but of the grand European and Asian rulers that once made this city their kingdom.

From the narrow, multi-storey houses that fit like jigsaw puzzles along the streets to the breathtaking Hagia Sophia, Blue Mosque and Sultan Mehmet's Top Kapi Palace, the city is bustling with everyday city action that takes place on a grand and historic stage.

Monuments, elaborate mosaics and cathedrals punctuate the city as a reminder of the Roman Catholic Empire before the fall of Constantinople. And the Arabic and Middle Eastern influences mingle with the European styles in exciting ways; giving visitors a taste of Sultan Mehmet great influence over the city.

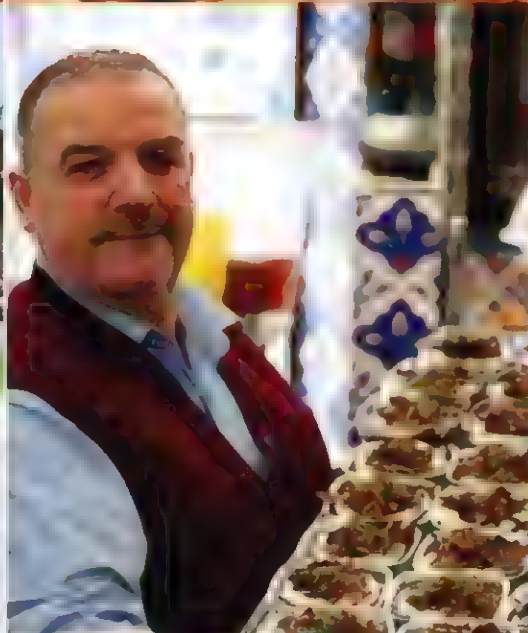
While the sights and sounds of Istanbul envelope and enchant you, it is the food (and the great hospitality that goes with it) that brings the city together. There is an abundance of street food available at every turn and the pavements are lined with quaint cafes, wine bars and roof-top dining treasures that leave a lasting impression in your mouth and mind.

“While the sights and sounds of Istanbul envelope and enchant you, it is the food (and the great hospitality that goes with it) that brings the city together”

In areas like Sultanahmet and Taksim Square the street food is not only quick, cheap and tasty; it is an indulgent feast for the senses. Vendors stack their carts daily with fresh food that includes corn on the cob (grilled or steamed), freshly roasted chestnuts and towers of warm, pretzel-like bread rings called simits. A sesame-sprinkled simit with a smattering of butter and jam is tasty continental breakfast on the run, and a perfect addition to your morning brew of Turkish coffee.

With pushcarts laden with sustenance at every turn, you can eat cheaply and well without stepping foot in a restaurant. More substantial eats found on the street are kofte; grilled skewers of mincemeat shaped as a sausage and wrapped up in soft Arabic bread, and the gozleme or ‘Turkish pancake’, which is created on a large stone table while you wait, and filled with a variety of ingredients including spinach, cheese, pine nuts and lamb.

If seafood street food is not an appealing thought, Istanbul will dispel any doubts. With the Bosphorus strait running through Istanbul and dividing Asia and Europe, fresh seafood is abundant in the city.



TRAVEL ISTANBUL

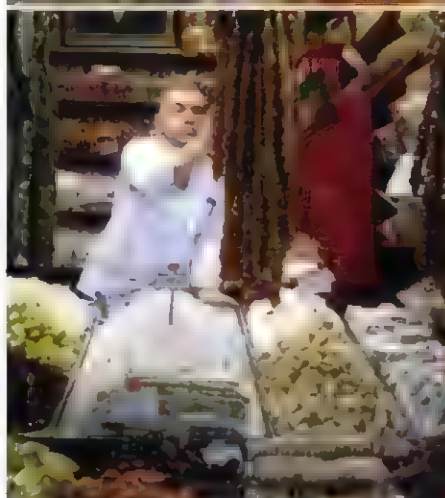
Near the ferry stations on the water's edge you can enjoy a freshly prepared fish sandwich from the enterprising boatmen, who not only catch the fish, but grill it in herbs and serve it to you with salad in a crusty bread loaf straight from the docks. For the more adventurous seafood lovers, midye dolma, which are mussel stuffed with rice, raisins, pine nuts and fresh herbs are on offer too.

While street food is a convenient and tasty way to fend off the hunger pangs while enjoying the sights of the city, for your food experience of Istanbul to be complete you need to venture off the streets and into the rooftop terrace restaurants and into a few of the restaurants and cafe alleys that are in abundance in the city; offering diners a unique Turkish taste experience within a variety of atmospheres and settings.

The city is alive with Turkish coffee and tea bars and shisha (flavoured tobacco pipes) shops, especially in the tourist hubs, and each stop offers a unique interpretation of cafe-style Turkish food and drink. The intimate cafes are a great place to sit, rest your feet and enjoy a delicate glass of spicy apple tea or a strong frothy brew of coffee. A shisha pipe is the perfect accomplice to these steaming refreshments, as you can indulge in a sweet cherry-flavoured shisha to heighten and sweeten the coffee.

If you are looking for more substantial Turkish fine dining in an authentic restaurant setting, Rami's Restaurant is a great choice. Conveniently located in Sultanahmet, Rami's is a beautifully restored multi-levelled Ottoman house created in honour of the famous Turkish impressionist Uluar Rami, whose work adorns the walls. The intimate interiors are packed with antique wooden tables and you sit a cosy arm's length away from your neighbouring diners.

The menu boasts a large variety of authentic Turkish cuisine, and one particular favourite is the delicious vegetarian dish that consisted of a juicy, grilled and stuffed aubergine (patlican dolmasi), cooked in an herb, onion and garlic-infused sauce, layered with pieces of lamb and served on a bed of Turkish rice (pilav). And if you are in the mood for continuing the authentic Turkish experience, order a bottle of the Kavaklidere Yakut, which is a Turkish red wine with a rich and fruity flavour.



“Shop front windows will lure you inside with layers of peanut brittle, brightly coloured gems of Turkish delight and soft nougat dotted with almond nut”

Another must-experience restaurant in the Sultanahmet area is Seven Hills. One of the tallest roof-top restaurants in the city, and just a four minute walk from the Blue Mosque, the restaurant boasts ‘the best view in Istanbul’, and I think I would agree. From the top terrace you look over the Bosphorus strait, a mesh of brightly coloured roof tops, as well as a perfect view of the Hagia Sophia, the Blue Mosque and Top Kapi Palace in the distance. The ultimate time to experience Seven Hills is at sunset, where you can enjoy a *mezze* platter and a glass of wine and watch the sun disappearing behind the Blue Mosque as the evening call to prayer echoes through the city.

While the savoury food in Istanbul is a

diverse treat, a trip to Istanbul is not complete without tasting the sweets. Shop front windows will lure you inside with layers of peanut brittle, brightly coloured gems of Turkish delight and soft nougat dotted with almond nuts. Ask the shopkeeper to sample the different flavours and textures, choose your selection and the sweet maker will weigh it up and package it for you to take home as a gift.

The baked desserts, in particular the syrupy, buttery baklava, are another must-taste of Istanbul. With flavours ranging from chocolate and mocha to almond and pistachio, these rich morsels are best eaten in small, sumptuous bites with a glass of strong, sugarless Turkish tea.



SOUL FOOD

Virginia Maxwell says that the traditional dishes, from mezze to elaborate feasts are at the heart of this cuisine. Chefs in Istanbul have always been eager to innovate. Many of the dishes devised by chefs to impress the sultan and his entourage have been refined over the centuries and now feature on the menus of Old City restaurants specialising in Ottoman cuisine. The most famous of these is Asitane in the Western Districts, where I've eaten exquisite dishes that were originally created for a 16th-century circumcision feast in Topkapi Palace. Other dishes were invented in Ottoman home kitchens and are still staples today. These dishes, such as imam bayildi (an aubergine dish), grilled fish and lamb baked with peppers and aubergines, are mainstays of the city's lokantas (simple neighbourhood cafeterias).

In the chic Beyoglu district, chefs are refining modern Mediterranean dishes, utilising the finest Turkish produce. Mehmet Gürs' Turkish-Nordic menu at Mikla (istanbul.yi.com) includes cherry-wood smoked lamb loin.

And then there are mezze dishes, the true soul food of the city. Served in Istanbul's meyhanes (taverns), these appetisers feature all sorts of seasonal vegetables and seafood such as turnip pickles, fried mussels and dolmades that are wonderfully fresh.

Must do: Take the Kadıköy ferry from Eminonou and make your way to the market streets to the right of Söğütöçesme Caddesi for the best produce market. Eat at Lokanta Çiya Sofrası, Güneşlibahçe Sokak 43, Kadıköy and Meyhane Sofyalı 9, Asmalimescit, Beyoglu.

Just outside Taksim square lies one of the oldest confectionary shops in Turkey, the Karakoy Gulluoglu. Black and white tiled floors, pink walls, marble countertops and glass containers filled to the brim with chocolates lure you into this tiny corner shop, and the friendly and welcoming restaurant owners will while away your afternoon with stories of the city and offerings baklava and chocolate covered almonds.

From the street food and the coffee bars to the fine dining experiences and the sweet and delicious afternoon treats, Istanbul is an adventure for the palate, enhancing the sights and sounds of the city and introducing visitors to great Turkish hospitality and an infectious love of good food.

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KOSEBASİ, DUBAI**

Enjoy a scrumptious Turkish tasting menu for two people, put together by the head chef of Kosebasi, including complimentary drinks. The menu includes mezzes, freshly baked bread, salads, freshly-baked items from the wood oven, dishes from the Grill, dessert, fresh juices, water and soft drinks.

To enter the competition please email your name and contact details to competitions@bbcgoodfoodme.com.

Kitchen confidential



BBC Good Food ME catches up with Chris Hodge, senior designer and showroom manager of Pedini at Rono Interiors to talk about the key elements of great kitchen design

So much more than a place to cook, the kitchen has evolved into a social space where family and friends gather to chat, enjoy a cup of tea or coffee, grab a quick lunch, have breakfast, and create dishes together. Gone are the days where the kitchen was a separate room, shut away, that guests would never see; now the kitchen is a real extension of the home.

The key to good kitchen design is combining aesthetics and functionality to maximum effect, as you want to feel comfortable and happy in a space that reflects your style and the way you use the kitchen.

"The two most important things in good kitchen design is the look and the way it functions ergonomically. You want to feel comfortable in a room that looks good in terms of style, colour, ambience and lighting. But that is just 50 percent of good design – the kitchen needs to work for you," says Chris Hodge.

Modern kitchens are often designed around a central point; a work surface, or table top that can also act as a breakfast bar. An island or a peninsula in the kitchen is great idea for people looking for some extra

work space, which also doubles up as seating for breakfast or entertaining guest while cooking. A more social environment is created, which also creates more space to move around in the kitchen.

"When I design a kitchen, I create a space that three people can be in without their paths crossing. Kitchens often open up into dining rooms or lounges, so cooking become part of the entertaining at dinner parties or when friends are over. The definition of a kitchen has changed – it is a fun, open and social space now, and we design kitchens with this in mind," says Hodge.

For people who love cooking, the ergonomics of the kitchens is so important; everything from working heights, work zones, positioning of various appliances and furniture elements count for an enjoyable and stress-free work environment in the kitchen. "Good kitchen design is about maximising the space, and creating effective storage space too," notes Hodge.

In addition to the ergonomics, on a more psychological level, the aesthetics of the kitchen creates the ambience and the mood. Hodge says that lighting plays an important role in getting the atmosphere of

your kitchen just right. You want a crisp white light, and want to avoid shadows. Spot lighting above the countertops can also be very practical for cooking preparation too.

Recent trends in kitchen design have seen a move to high-gloss, rather futuristic looking kitchens. A gleaming, flat surface is also a sign of cleanliness, with non-porous materials being the ultimate choice for a hygienic kitchen. Minimalistic elements are very popular too, and the curved, feminine lines, as opposed to sharp edges has become very prominent. The latest range from Pedini, the Dune range, reflects this trend beautifully.

"The Pedini Dune range is minimalistic and modern and functions very well. With the curved edges, this range manages to create a kitchen that is very futuristic, but not harsh and clinical. Called Dune, the range has been designed to mimic the curves of the desert dunes. The Pedini range looks more like furniture, it is sculptural, and works well as an extension of the home. The surfaces are completely non-porous, so it is very hygienic too," says Hodge.

While we all wish that we had the luxury of redesigning our entire kitchens, Hodge says that if you aren't able to do that, there are some smart ways of improving the space that don't involve a whole makeover.

"You should first define what it is that you don't like about the kitchen. Is it the atmosphere? Is it the cabinet doors? Is it the colour of the table tops? If it's the atmosphere, it could be something as simple as the lighting that needs to be changed. For the cabinet doors – it might be as simple as repainting the cupboard doors, or replacing them. And if the colour of your granite table top is dreary, a new slab of granite could brighten up the whole room," says Hodge.

When looking at changes in a kitchen, you should try and accommodate all that already exists in the kitchen and add more without losing any functionality and convenience that has been established through habit. If you are going to make alterations, look for a design that will bring a refreshing change to the look and feel of the whole space.

Hodge says that a great kitchen is one which has the perfect combination of colour, style and functionality in matters of work zones and levels. The look of a kitchen should be inviting and warm so that it is a pleasure to cook in and a joy to share the space with family and friends. A lasting kitchen is a kitchen which has all the essential functionality and the scope for alterations in the future that will suit the changing needs of the customer.



PEDINI

Pedini has been producing luxury kitchens since 1956 and has a prestigious heritage – renowned as one of Italy's best style-exports on a par with Gucci, Armani and Alessi – and one of the first companies to produce the modular kitchen. Pedini is available exclusively at the Rono Interiors showroom on Sheikh Zayed Road, Dubai, where a range of styles can be viewed.

Rono Interiors who were responsible for launching the Mark Wilkinson Kitchens in Dubai, are the first to launch the Pedini brand in the Middle East.

Pedini, founded 51 years ago by designer Ennio Pedini, describes itself as 'an elite Italian kitchen manufacturer' and is known for its trademark curved worktops.

Although chosen by many celebrities, Pedini offers a wide range of styles and prices, making them accessible not only to those with celebrity budgets.

Famous for their curved cabinets and glass, Pedini experiments with a range of innovative material and is known for the flair and creativity that it brings to the industry. Pedini is modern and new yet retains the quality and workmanship that the luxury sector demands.

PHILOSOPHY OF DESIGN

Designers at Rono Interiors tailor each kitchen to the given brief considering the space, lifestyle, budget and style of the customer. Pedini considers aesthetics and functionality of equal importance and approaches both with the same level of innovation.

As a result each kitchen is a highly personalised design with unique characteristics and incorporating all of the different functions of the modern and comfortable kitchen: living, eating, cooking, relaxing and entertaining.

Pedini is famous for its range and quality of materials which offer highly personal choices and allow for greater creativity in the design. The company is committed to research and development to stay ahead of trends, bringing new finishes and concepts to the portfolio each year.

The design team aim to create the best possible solutions for each customer mixing excellent functionality and design with top-spec materials for the ultimate statement in fashion and style.



“The two most important things in good kitchen design is the look and the way it functions ergonomically. You want to feel comfortable in a room that looks good in terms of style, colour, ambience and lighting. But that is just 50 percent of good design – the kitchen needs to work for you”



QUICK FACTS ABOUT PEDINI

- Different ranges can be combined to create a unique kitchen. If the client requires a unit outside of the standard modular elements the company will offer a 'made to fit' service
- Pedini offers a bespoke colour service - clients are asked to provide a sample of the required colour and the designers can be precisely matched to the sample
- Experienced fitters, who manage the entire fitting process, ensure that the customer is 100 percent satisfied with the final product
- Eco-credentials: Pedini uses 100% recycled wood and eco-friendly materials
- Aftercare: Pedini provides manuals and cleaning kits for customers to ensure the kitchen is maintained throughout its lifespan
- Deep storage capacity
- Ergonomics are a priority for Pedini designers, sliding tables, suspended base units and other integrated features ensure that Pedini products meet the demands of a modern kitchen
- Top of the range appliances are available through Pedini from Gaggenau, Miele, Siemens and Sub Zero.

Visit Pedini at Rono Interiors along Sheikh Zayed Road to have your kitchen designed to meet your needs.

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Email: enquiries@pedini.ae Web: www.pedini.ae

Rare dares to be different at Desert Palm Dubai

Daring to be different, Rare Restaurant's menu is evolving. Under the direction of new Executive Chef Kevin Little, this award winning restaurant is gaining elements of a modern international grill with an emphasis on simple, healthy, fresh seafood and vegetarian options as well as the some of the best cuts of meats.

Guests will see a more seasonal selection featuring the best available international seafood such as, lobster, crab, oysters, Tasmanian ocean trout, cod, whole grilled sea bass, jumbo tiger prawns. Creative vegetarian options such as warm goats cheese with date and olive tapenade and traditional cuts of meat from the 300 day grain fed Australian Black Angus that have made this restaurant one of the top rated hotspots in Dubai.

Sauces and side dishes have also been revamped with options such as wild mushroom, thyme and beef jus, green peppercorn and caramelised onion and the interesting combination of gorgonzola, shallot and walnut butter. Wholegrain mustards and salts from around the world are also available for greater variety.

New side dishes include hand cut chips with roast garlic aioli, poached green and white asparagus with manchego butter and roasted parsnip with almond and parsley pesto. The perfect accompaniments to any of the main courses.

Other new additions to the menu include a traditional English cheese board complete with a selection of farmhouse cheeses including Montgomery Cheddar, Applebys Double Gloucester, Cashel Blue and Stinking Bishop & Woolsey. Desert Palm is one of the few places in Dubai where these exceptional cheeses are served together.

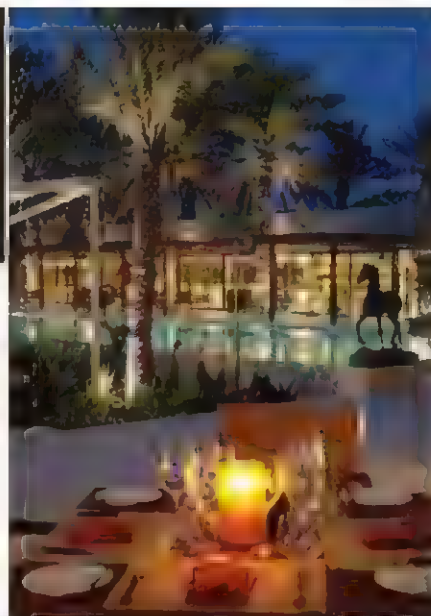
Wayne Duberly, General Manger of Desert Palm describes the new menu as "An exciting change in style and concept, building on the skills of the team with

more seasonal produce and greater variety in dishes served."

Rare Restaurant is open Monday – Saturday from 7pm – 11pm. Located at Desert Palm Retreat by Per AQUUM guests can book a table inside the restaurant next to the open kitchen or outside on the terrace overlooking the polo fields and Dubai Skyline. Please call Desert Palm on 04 323 8888, email info@desertpalm.ae or visit www.desertpalm.ae

FABULOUS WINE & DINE PACKAGE!

Desert Palm has launched a fantastic package. Enjoy a three course meal for two people in Rare Restaurant, including a glass of house wine per person and complimentary Safedriver home. Price per couple is AED 600 and is available for pre-bookings from Monday to Saturday.



MEET THE CHEF

Executive Chef Kevin Little of Rare, Desert Palm Dubai

How would you describe the new menu at Rare?

What are some of your top recommendations on the menu?

What will be your new special?



Food for the Weekend

Entertain
in style!

56 Greek island salad with
chicken & avocado



59 Japanese tofu
noodle bowl



62 Satay chicken pieces



64 Ploughman's cheese
& tomato pockets



Fresh starters

A sweet or savoury tart is perfect for so many occasions – from a snack lunch to a summer party

Amalfi-style prawns

SERVES 4 • PREP 15 MINS PLUS
MARINATING • COOK 4 MINS

Easy LOW FAT

2 tbsp extra virgin olive oil
2 garlic cloves, finely crushed
12-16 mint leaves, chopped
450g/1lb raw, peeled prawns
50g/2oz dry breadcrumbs
lemon wedges, to serve

1 Soak about 20 wooden skewers. Put the olive oil, garlic, most of the mint (save some for serving) and prawns in a medium bowl and season well. Toss to coat evenly, then chill and marinate for 1 hr.

2 Heat the grill to medium. Thread 3-5 prawns onto each skewer. Put the breadcrumbs on a plate. Shake any excess marinade off the prawns, then press the breadcrumbs all over.

3 Put all the skewers on a lightly oiled baking sheet, then place under the grill. Depending on the size of the prawns, cook on each side for around 2 mins, until the breadcrumbs are golden and the prawns have turned pink. Watch them closely as they cook very quickly. Scatter with mint; serve 5 per person with lemon wedges for squeezing over.

PER SERVING 181 kcal, protein 21g, carbs 10g, fat 6g, sat fat 1g, fibre none, sugar 1g, salt 0.7g

Ready in a flash

Nifty Niçoise

SERVES 4 • PREP 20 MINS • COOK 26 MINS **Easy** *If you've got a can of anchovies, add them with the tuna and olives.*

500g/1lb 2oz baby new potatoes
250g/9oz runner beans
200g can tuna in olive oil
5 tbsp bottled mustard vinaigrette
1 heaped tbsp mayonnaise
4 eggs
1 crisp lettuce (cos or romaine), separated into leaves
handful of black olives

1 Cut any large potatoes in half so they're all a similar size and put in a steamer. Sprinkle with salt, cover and steam for 18 mins. String the beans and slice them on the diagonal.

2 Drain oil from the tuna into a bowl, whisk in vinaigrette and mayo, and season

to taste, to make a creamy dressing.

3 Lower the eggs into the water beneath the steamer – make sure they are covered. Scatter the beans over potatoes, cover and steam for 8 mins more.

4 Lift off the potatoes and beans, remove the eggs and plunge into cold water. Tip potatoes and beans into the dressing and stir to coat. Shell and halve eggs. Shred lettuce into a large bowl, tip potatoes and beans on top, keeping back a little dressing. Flake tuna over the top, dot with eggs and olives and drizzle over reserved dressing.

PER SERVING 520 kcals, protein 25g, carbs 23g, fat 37g, sat fat 7g, fibre 3g, sugar none, salt 0.98g

Classic combination

Superhealthy starter



Tomato soup with gremolata

SERVES 4 • PREP 20-25 MINS • COOK 45 MINS

Easy ✓ *Good source of vitamin C*

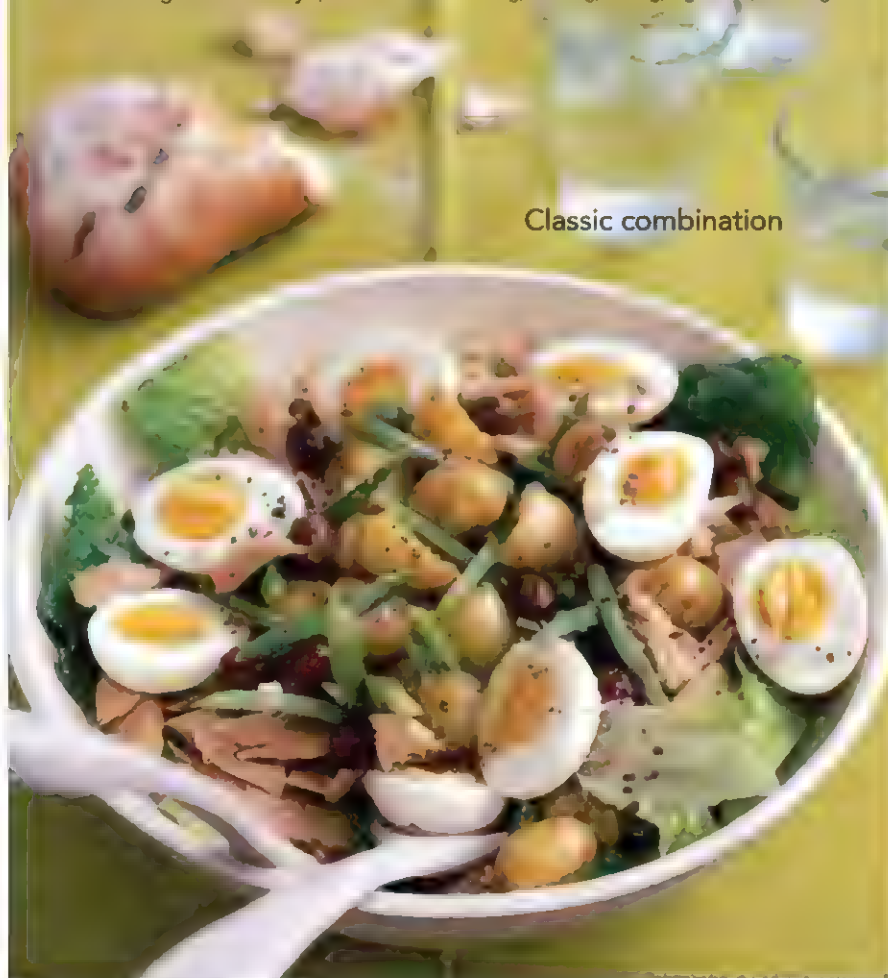
1 onion, chopped
2 garlic cloves, crushed
4 tbsp olive oil
2kg/4lb 8oz tomatoes
2 tbsp sugar
2 tbsp white wine vinegar
FOR THE GREMOLATA
zest and juice 1 lemon
3 tbsp olive oil
2 garlic cloves, crushed
bunch flat-leaf parsley, finely chopped

1 In a large shallow pan, fry onion and garlic in the olive oil on a low heat for 8 mins; do not brown. Roughly chop the tomatoes and add along with the sugar, vinegar, 750ml water and seasoning. Bring to the boil and simmer for 35 mins, stirring from time to time.

2 Whizz with a hand-held blender until smooth. For an ultra-smooth soup, pass the liquid through a fine sieve, but this is quite fiddly.

3 For the gremolata, mix together the lemon zest, juice, olive oil, garlic and parsley, then serve on top of the soup.

PER SERVING 307 kcals, protein 4g, carbs 27g, fat 21g, sat fat 3g, fibre 6g, sugar 25g, salt 0.13g





Greek island salad with chicken & avocado

SERVES 6 • PREP 40-45 MINS PLUS

MARINATING **Easy** Healthy

1.8kg/4lb roasted chicken, at room temperature
 2 hearts of romaine lettuces
 4 tomatoes
 3 spring onions
 2 ripe avocados
 3 tbsp lemon juice, plus extra for squeezing
 200g pack feta cheese
 ½ tsp dried oregano
 ½ tsp dried mint
 half a bunch of flat-leaf parsley
 5 tbsp extra virgin olive oil
 2 tbsp black kalamata olives
 pitta bread, to serve (optional)

1 Pull the meat from the chicken and shred it roughly. Trim the base from each lettuce, wash and dry the leaves, then roughly shred them. Cut the tomatoes into wedges. Finely slice the spring onions (using both white and green parts). Cut the avocados in half lengthways; remove the stones and peel. Cut crosswise into slices, and squeeze with lemon juice. Crumble the feta with your fingers and toss it with the dried oregano and mint. Pick leaves off the parsley and set aside.

2 Whisk the 3 tbsp of lemon juice with the olive oil, sea salt and pepper. In a large bowl, toss the chicken, lettuce, tomatoes and spring onions, then fold through three quarters of the dressing with the avocados (carefully, so the avocados don't break up). Season with salt and pepper, then scatter over the feta, olives and parsley, and drizzle with the rest of the dressing. Squeeze extra lemon juice on top, and serve with pitta bread if you like.

PER SERVING 521 kcals, protein 31g, carbs 5g, fat 42g, sat fat 12g, fibre 3g, sugar none, salt 2.05g



Halloumi, watermelon & mint salad

SERVES 4 • PREP 10 MINS • COOK 5 MINS **Easy**

250g pack halloumi, thinly sliced
flesh from 1kg/2lb 4oz watermelon, sliced
200g pack fine green beans
small bunch mint, finely shredded
juice 1 lemon
1 tbsp olive oil, plus extra to drizzle
toasted pitta breads, to serve

1 Heat grill to high. Lay the cheese on a baking tray in a single layer, then grill for 2 mins on each side until golden.

2 Toss the watermelon, beans and mint together with the lemon juice and olive oil, season well, then layer on plates with the halloumi. Drizzle with a little more oil if you like, and then serve with warm pittas.

PER SERVING 287 kcals, protein 14g, carbs 12g, fat 20g, sat fat 10g, fibre 1g, sugar 12g, salt 2.29g

cantonese redefined



Various Cantonese
Dishes
from Hong Kong & Guangzhou

Brasserie Bird's Nest Soup
Kung Pao Chicken
Peking Duck with Chinese Pancakes
Har Gau (Steamed Shrimp Dumplings)
Dim Tait (Crispy Egg Tart)

by Chi Zen Dubai

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PHOTOGRAPHS **US PARSONS**

6 *Cooking vegetarian dishes often means thinking outside the box. Rather than just replacing the meat in a meal, think more about creating a balanced variety of flavours and textures on the plate. Veggie food never has to be bland or boring, especially if you introduce some of the high-impact flavours from my list of tricks* ♡

Celia's stone cupboard must - have

Core ingredients I always have in stock are the protein powerhouses – beans, nuts and tofu, as well as eggs and dairy products. Then it's all about adding flavour with spices and condiments, and providing a good wholesome carbohydrate base along with vegetables.

fats you get from oily fish and you can cook with it at high temperatures. For shallow frying, sunflower oil is best.

Flavoured oils are fantastic for adding flavour as a finishing drizzle. Try chilli oil, lemon olive oil, sesame oil and truffle oil.

BEANS AND PULSES

Canned beans are a great convenience food. Stock up on dried red, green, brown and Puy lentils. For the freezer, edamame (fresh soya beans) cook in just a few minutes – look for shelled ones. Frozen peas are another great basic.

A VARIETY OF SPICE

Cumin and fennel seeds create an explosion of flavour when left whole in cooking. Coriander and cardamom seeds should be lightly crushed before cooking – they add an aromatic perfume and flavour.

Whole cinnamon releases its fragrance when simmered in soups, stews and sauces.

NUTS AND SEEDS

These provide protein, healthy fats, vitamins and minerals, great flavour and texture.

Almonds, linseeds, pine nuts, pumpkin seeds, sesame seeds and walnuts can be sprinkled over just about anything.

PAPRIKA

Ordinary paprika gives an interesting edge and a good red colour to food. Smoked paprika, or Pimentón, has an intense smoky flavour which is perfect for vegetarian food. Smoked paprika is usually sold as 'picante' (hot, like cayenne) or 'dulce' (sweet or mild).

TOFU

Fresh, firm tofu can be kept in the fridge. It can also be frozen, although it does become a bit fibrous once thawed.

Long-life tofu has a custard-like texture and can be used in smoothies and desserts. Tofu needs to absorb flavour and texture, so it needs a little marinating and frying or baking to make it interesting.

JAPANESE CONDIMENTS

This group of high-impact flavourings include tamari (see page 9), dark soy sauce, seasoned rice vinegar, mirin or sweet rice wine for cooking, miso or fermented soybean paste, and wasabi paste.

GRAINS

Wholegrains are always best for maximum nutritional benefit. Go for brown rice (see page 130), wild rice, bulghar wheat, quinoa, barley and couscous. Wholemeal pasta is also a veggie storecupboard standard.

VEGETARIAN HARD CHEESE

True Parmesan cheese is made with an animal rennet, so use a vegetarian version such as Bookhams (see page 19), or replace it with a vegetarian cheddar.

Oil \$

For cooking, seek out extra virgin rapeseed oil. It's high in the same healthy omega-3

Japanese tofu noodle bowl

SERVES 4 • PREP 15 MINS PLUS MARINATING • COOK 15 MINS **Easy** **LOW FAT**

Thick, round udon noodles are perfect for this, and are easy to use, as they come ready-cooked straight from the packet. If you can't get hold of them, use another 'straight-to-wok' noodle. The edamame beans add a different texture, but you could leave them out and simply double the amount of peas.

3 tbsp tamari or dark soy sauce
2 tbsp seasoned rice vinegar
1 tbsp mirin or 2 tsp caster sugar
200g/8oz firm tofu, drained, patted dry and cut into 8 cubes
cornflour, for coating
sunflower oil, for frying
1 bunch asparagus, base of stalks snapped off, cut diagonally into about 4 pieces
50g/2oz fresh or frozen edamame beans
50g/2oz frozen peas
small piece ginger, grated
400g pack straight-to-wok udon noodles
coriander leaves, to garnish
chilli oil, to serve

1 Combine the tamari or soy sauce, vinegar and mirin or sugar in a shallow bowl and stir until dissolved. Place the tofu in the marinade and turn to coat. Leave to absorb the flavours for about

30 mins or more. (If marinating for several hours, keep in the fridge.)

2 When ready to cook, turn the oven on to warm. Scatter the cornflour over a plate. Remove the tofu from the marinade, reserving the marinade, and roll in the cornflour to coat all sides. Heat a wide frying pan over a medium-high and add enough sunflower oil to cover the base of the pan. Fry the tofu, using tongs to turn, until dark golden and crisp all over. Drain on kitchen paper, then keep warm in the oven.

3 Place 1 litre of water in a medium saucepan with the reserved marinade and bring to the boil. Add asparagus, edamame beans, peas, ginger and noodles and return to the boil. Simmer until the vegetables are just tender, about 3-4 mins. Divide between 4 bowls and place 2 tofu cubes in each. Top with coriander leaves and serve drizzled with a little of the chilli oil.

PER SERVING 478 kcs, protein 20g, carbs 87g, fat 8g, sat fat 1g, fibre 3g, sugar 6g, salt 5.02g

Fresh combinations



New way with pasta



Lentil & lemon fettuccine

SERVES 4 • PREP 10 MINS • COOK 45 MINS

Easy This simple peasant-style dish is hugely satisfying and packed with protein. Use any pasta you fancy – spirals or shells work well, too.

140g/5oz Puy or brown lentils
300g/10oz dried fettuccine or linguine
50g/2oz butter
1 medium onion, chopped
3 garlic cloves, chopped
zest and juice 1 lemon
large handful coriander, leaves and stems roughly chopped
150g tub Greek yogurt

1 Rinse the lentils in a sieve and place in a medium saucepan. Cover with plenty of water and bring to the boil, then simmer for about 30 mins until tender, adding salt to taste 10 mins into cooking time. Drain thoroughly and keep warm.

2 Cook the pasta, then drain and return to the pan. Meanwhile, melt the butter in a frying pan over a medium heat and add the onion. Cook until lightly golden, then add the garlic and cook until fragrant. Stir the lentils, onion and garlic, lemon zest and juice, coriander and yogurt through the cooked pasta. Finish with plenty of freshly ground black pepper and serve on warm plates.

PER SERVING 511 kcal, protein 21g, carbs 76g, fat 16g, sat fat 9g, fibre 6g, sugar 6g, salt 0.28g



Chickpea & roasted veg tagine

SERVES 6 • PREP 20 MINS • COOK 50 MINS **Easy** **GOOD SOURCE OF VITAMIN C, COUNTS AS 2 OF 5-A-DAY, LOW FAT** This Moroccan-style stew tastes even better if made a few hours or even a day in advance. Any leftovers can be reheated or frozen.

350g/12oz new potatoes, halved
1 fennel bulb, trimmed and cut into chunks
1 medium carrot, cut into chunks
1 red or yellow pepper, deseeded and cut into chunks
1 large red onion, cut into chunks
4 tbsp rapeseed or extra virgin olive oil
1 tsp cumin seeds
1 tsp fennel seeds
1 tsp coriander seeds, crushed
3 garlic cloves, chopped
400g can chopped tomatoes
400g can chickpeas, rinsed and drained
250ml/9fl oz red wine
zest and juice 1 orange
1 cinnamon stick
8 prunes, halved
couscous and toasted flaked almonds, to serve (optional)

1 Heat oven to 220C/200C fan/gas 7. Place

the potatoes, fennel, carrot, pepper and onion in a roasting tin with 3 tbsp oil, the cumin, fennel and coriander seeds, and salt and pepper. Use your hands to coat everything, then roast for 30 mins, stirring once, until tinged and the potatoes are cooked through.

2 Meanwhile, heat a large pan over a medium heat and add the remaining 1 tbsp oil. Fry the garlic until fragrant, then add the tomatoes, chickpeas, wine, orange zest and juice, cinnamon stick and prunes. Bring to the boil and simmer while the vegetables roast. Add roasted vegetables to the tin and stir. Return to a simmer and cook for 15-20 mins. Serve over warm couscous scattered with toasted flaked almonds, if using.

PER SERVING 241 kcal, protein 7g, carbs 32g, fat 9g, sat fat 1g, fibre 5g, sugar 15g, salt 0.36g

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Perfect for picnics



Head for the great outdoors, confident that you've got a delicious lunch to enjoy – my recipes are also easy to pack and carry

Recipes JANE HORNBY

Being a complete picnicher, I'd make all five of these recipes for the ultimate outdoor occasion, perhaps finishing with a big bowl of strawberries to share. However, more spur-of-the-moment picnickers will be happy to know that each one can be easily paired with a few quality bought ingredients.



Lovely for a special day out

Smoked haddock, spring onion & saffron tart

SERVES 6-8 • PREP 20 MINS •

COOK 1 HR 15 MINS Moderately easy

Creamy, cheesy and with a delicate smokiness, this tart makes a great change to quiche, but is just as simple to make. It's also very good hot or warm.

500g pack shortcrust pastry
plain flour, for rolling
2 fillets smoked haddock
with skin on (about
500g/1lb 2oz)
1 tbsp butter
2 bunches spring onions,
finely sliced
3 eggs
300g/11oz crème fraîche (or a 300ml pot
double cream)
1 tsp Dijon mustard
good pinch saffron

SERVE WITH...

Simply serve with dressed watercress, fresh radishes and a pot of potato salad, perked up with a handful of summer herbs.

handful chives, finely chopped
85g/3oz mature cheddar or Gruyère, grated

- 1** Heat oven to 200C/180C fan/gas 6. Roll the pastry out on a floured surface to fit a 23cm fluted tart tin. Line the case with pastry, leaving plenty of overhang. Line the pastry with baking parchment, fill with baking beans and sit it on a baking sheet. Bake for 15 mins, until the pastry looks pale and feels a little sandy. Remove the paper and beans, then return to the oven for 10 mins more, until just golden.
- 2** Meanwhile, bring a pan of water to a simmer. Drop in the haddock, skin-side down, and poach for 5 mins or until the flesh turns white. Drain, then cool a little. Peel away and discard the skin, then flake the flesh into the pastry case. Look out for any bones as you go.
- 3** Melt the butter in a frying pan, then gently cook the spring onions for about 3 mins or until softened but still a vibrant green. Beat the eggs, crème fraîche or cream, mustard and saffron together in a jug, then add the chives and season with salt and pepper.
- 4** Turn oven down to 160C/140C fan/gas 3. Scatter the cheese and spring onions over the fish, then pour the egg mix over. Bake for about 50 mins, or until pale golden and just set in the middle. Let the tart cool completely before trimming the pastry around the edges. Leave the tart in its tin to transport.

PER SERVING (8) 577 kJ, protein 23g, carbs 32g, fat 41g, sat fat 21g, fibre 2g, sugar 2g, salt 2.21g

Satay chicken pieces

SERVES 6 • PREP 10 MINS PLUS

MARINATING • COOK 1 HR Easy

Everyone has had tikka or tandoori chicken before, so how about going a little Thai with a satay marinade instead. These aromatic drumsticks and thighs are perfect with sweet chilli sauce or mango chutney.

6 skinless chicken drumsticks and
6 skinless chicken thighs
zest and juice 1 lime
2 lemongrass, very roughly chopped
2 thumb-size chunks ginger, very roughly
chopped
3 garlic cloves
2 tbsp peanut butter, crunchy or smooth
½ tsp each turmeric and ground cumin
160ml can coconut cream
20g pack coriander, plus extra to serve,
if you like
a little oil, for greasing
sweet chilli sauce or mango chutney, to serve

- 1** Slash several deep cuts into each drumstick and thigh, then put into a large, non-metallic container. Put the lime zest and juice, lemongrass, ginger, garlic, peanut butter, spices, coconut cream and 1 tsp salt into a food processor, then whizz until it's as smooth as you can get it. Roughly chop the coriander leaves and finely chop the stalks, then add to the mix. Pour the marinade over the chicken, massage it into the meat with your hands, then leave to chill for at least 2 hrs, or up to 24 hrs if you have time.
- 2** Heat oven to 190C/170C fan/gas 5. Line 1-2 large baking trays with foil and grease with a little oil. Spread out the chicken over the trays, skin-side up, and roast for 1 hr, or until the chicken is cooked through and the coating golden and slightly charred in places. Cool, then chill well and pack in a container, ready to transport. Scatter with a few more coriander leaves to serve, if you like.

PER SERVING 302 kJ, protein 34g, carbs 3g, fat 17g, sat fat 10g, fibre none, sugar 2g, salt 0.4g

SERVE WITH...

A ready-made rice or noodle salad, or a simple bowl of chopped tomatoes and torn mint, tossed with cumin seeds, a little oil and a squeeze of lime.



Finger-lickin' chicken

Ploughman's cheese & tomato pockets

MAKES 6 • PREP 15 MINS PLUS RISING •
COOK 25 MINS Moderately easy

300ml/½pt semi-skimmed milk
25g/1oz butter
500g/1lb 2oz strong granary flour
(I used Dove's Farm Malthouse),
plus extra for rolling
7g sachet fast-action yeast
a little oil, for the bowl
2 tbsp wholegrain mustard
200g/7oz strong cheese, such as extra-
mature cheddar, grated
225g/8oz cherry tomatoes, halved

1 Put the milk and butter into a small pan and gently warm until the butter melts. Set aside for 5 mins or until the milk feels just warm to the touch. Meanwhile, mix the flour, yeast and 1 tsp salt together.

2 Mix the wet ingredient into the dry, then set aside for 10 mins to let the liquid act on the flour – this will prevent you having to knead it for a long time later on. After 10 mins, turn the dough onto a floured surface and briefly knead until springy and smooth. Put into an oiled bowl, cover with oiled cling film and leave to rise for 40 mins or until doubled in size.

3 On a floured surface, roll out the dough to a rectangle about 40cm wide x 30cm tall. Spread the mustard all over the dough, then evenly scatter with two-thirds of the cheese. Fold the top third of the dough down, then the bottom third up, to make a sort of long, thin envelope. Cover with a tea towel and leave to rise for another 30 mins or until pillowy.

4 Heat oven to 200C/180C fan/gas 6. Trim the ends, then cut the dough into 6 equal slices. Lift onto a floured baking sheet, cut sides down. Tuck the bottom edges under a little, so that the filling won't escape underneath and the top opens up like a purse. Push the tomatoes and the rest of the cheese into the tops, then bake for 25 mins or until dark golden brown and the cheese is bubbling. Cool. Will keep in an airtight container for 2 days.

PER SERVING 479 kcals, protein 24g, carbs 57g, fat 19g, sat fat 10g, fibre 5g, sugar 6g, salt 1.78g

Fresh twist on
a picnic classic

SERVE WITH...

Pack a few apples, thickly sliced ham, pickles and chutney for a portable ploughman's. I like Bay Tree Farmhouse Pickle (£3.49/310g), with its sweet, spicy flavour and just the right tang. A pot of coleslaw or a pork pie wouldn't go amiss either.

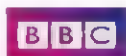
KEEP FOOD FRESH

- A cool bag or box is your picnic's best friend. Make sure you remember to put cool packs in the freezer the night before.
- Pack heavier items at the bottom, lighter at the top.
- Invest in some airtight plastic containers, such as Lock & Lock, to avoid spills.
- Take a knife, a small light chopping board and plenty of paper towels.
- The easiest way to transport homemade tarts, pies etc, is to leave

them in their baking tins and wrap well in foil or cling film.

- Take a bag for your rubbish.
- Unless you're picnicking nearby, make sure that you pack food that has been well chilled.
- Don't put leftovers back in the fridge – it's always safest to throw away food that has been gently warming in the sun.
- For our pick of the best buys to help keep food and drink properly cooled in the heat, see p20.





GoodFood

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Toshi
Dante
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The Palace - The Old Town

Asado (Fri, Sat, Sun, Mon)
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Albayt-Afternoon Tea (Fri, Sat, Sun, Mon
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* Please note that this offer is for food only, with a maximum of five people dining at one time. The loyalty card cannot be used at brunches, on special occasions such as Christmas and New Year, and cannot be used in conjunction with other promotions.

Email rochelle@advancemena.com to enquire about receiving your loyalty card.

The Ultimate MAKEOVER Chocolate chip cookies

The size of this popular American cookie just seems to get bigger – unfortunately, along with that, so does the amount of fat and calories. Make them too small, though, and we feel cheated. Whatever their size, cookies traditionally contain generous amounts of butter, chocolate and sugar. So my challenge – to create a lighter version while keeping the buttery richness – would be a careful balancing act.

Seeking advice

'This recipe is never going to be "healthy",' said nutritionist Fiona Hunter, 'but it could be "healthier".' Although she felt there wasn't much scope for altering ingredients, she did say: 'You could change the fat, but would you still get the buttery taste?'

Instead of the traditional milk chocolate chips, I planned to use a smaller amount of really good dark chocolate. 'The positive is that dark chocolate has higher levels of antioxidants than milk or white chocolate,' said Fiona. I also hoped that the more intense taste would allow me to get away with using less of it.

I didn't want the cookies to be too small in size. 'You want them to be large enough that you aren't tempted to take two,' said Fiona.

All the low-fat recipes I checked out looked far too worthy. Egg whites replaced whole eggs, sugar substitutes provided the sweetness and several mentioned introducing a fruit purée. So I decided it would be more about rebalancing the classic ingredients rather than using obscure substitutes.

Testing times

Even though my first batch contained far less chocolate than I usually add, a chocolatey aroma still filled the kitchen as they baked, which was encouraging. As well as reducing chocolate, I had also cut down

on butter and sugar – and I realised it was too much when the cookies came out of the oven looking overly plump and cakey. They needed to be slimmer, moister, sweeter and more chocolatey.

A fresh approach

I usually cream the sugar and butter together when making cookies, but found that with my lower-fat mixture, melting the butter then stirring in the sugar gave a better, less cakey texture.

Instead of having a plain cookie dough as a base, I decided to enrich it and intensify the chocolate experience by mixing in a little cocoa. Then, rather than stir all the chunks of dark chocolate in, I kept a few back to stick into the tops of the raw cookies. Not only did this make the cookies appear more chocolatey, you also got a hit of melting chocolate as you took a bite.

I didn't want to increase the sugar too much, so in order to get the most flavour and moistness, I combined light muscovado and granulated. By upping the amount just slightly, the cookies spread on the baking sheet to give just the thickness and crispness I was after. Interestingly, the extra bit of sweetness brought out the flavour of the chocolate. My final test came out looking and tasting the part.

The verdict

As I handed the cookies round, each taster immediately commented on their chocolatey taste, even though I had lowered this greatly. Wendy Doyle, Good Food's nutritionist, said I had halved the fat and saturated fat, almost halved the calories and cut the sugar by a third. Although light in weight, the tasters didn't feel the cookies were lacking in richness and taste, and when one described them as 'moreish' I knew they were a hit.

By tweaking the method, I've created a lighter, yet still chocolatey version

ANGELA NILSEN FOOD WRITER

Chocolate chip cookies

MAKES 22 • PREP 25 MINS PLUS COOLING

• COOK 12 MINS PER TRAY 

85g/3oz butter
1 tbsp cocoa powder
1 tsp instant coffee granules
85g/3oz light muscovado
25g/1oz golden granulated sugar
85g/3oz dark chocolate, about 70% cocoa solids (I used Lindt as it keeps its shape when baked)
1 medium egg, beaten
½ tsp vanilla extract
140g/5oz plain flour
½ tsp bicarbonate of soda

1 Line a couple of baking sheets with baking parchment. Put the butter, cocoa and coffee in a medium saucepan then heat gently until the butter has melted. Remove from the heat, stir in both the sugars, then leave to cool.

2 Chop the chocolate into small pieces. Beat the egg and vanilla into the cooled butter mix to make a smooth batter. Stir the flour and bicarbonate of soda together. Tip it into the batter mixture with two-thirds of the chocolate, then gently stir together to combine. Don't overmix. Leave for 10-15 mins to firm up slightly, ready for shaping. Heat oven to 180C/160C fan/gas 4.

3 Using your hands, shape the mixture into 22 small balls. Lay them on the lined sheets, well apart so they have room to spread (you may have to bake in batches). Press the rest of the chocolate pieces on top of each cookie. Can be frozen on sheets and then transferred to bags at this stage for up to 1 month. Bake for 12 mins. Leave on the sheets for a couple of mins, then transfer to a cooling rack.

PER COOKIE 97 kcals, protein 1g, carbs 12g, fat 5g, sat fat 3g, fibre 1g, sugar 6g, salt 0.12g

MAKING IT HEALTHIER

One classic Chocolate chip cookie contains 162 kcals, 10g fat (6g of which is sat fat) and 11g sugar. My version contains 97 kcals, 5g fat (3g sat fat) and 6g sugar.

HERE'S HOW I DID IT

- Reduced fat by using less chocolate, butter and a medium egg. I put chocolate chunks on top of the cookies for an extra chocolate hit.
- Added less sugar, but intensified the flavour and moistness by using granulated with light muscovado.

Only 97 calories each



Pizza perfect

With their first store outside the United States opening in Dubai this month, *BBC Good Food ME* chats to Jeff Leach, co-founder (and chief hunter gatherer) of N_K_DPizza to find out more



What is your first food memory?

Macaroni and cheese.

What drove you to create N_K_DPizza?

There were two, unrelated, catalysts that really kick started my N_K_DPizza journey. My young daughter was diagnosed with type two diabetes, making me acutely aware of diet related diseases and the lack of healthy food options in the market. The second catalyst was Hurricane Katrina in New Orleans – helping in the aftermath of Katrina made me determined to give back something to the city. In 2006, I met my business partner Randy Crochet and the first Naked Pizza (as it is known in the US) unit was born in a tiny store in New Orleans.

My background is in archeology and anthropology, specifically in the research of evolutionary trends in nutrition and how ancient dietary patterns can inform modern nutrition. I've used my background in health and nutrition to repurpose a business model centered around changing the nutritional profile of takeout and delivery options

Are you excited about its growth into the UAE? How will the concept change for this region?

I am hugely excited about our expansion in the UAE. After one visit to the Emirates early in 2010 we re-thought our entire international expansion strategy to put the UAE firmly at the centre. The Dubai Marina unit, opening this month, will be the first N_K_DPizza store outside of the United States, with several others to follow in Dubai throughout 2011.

The concept is still the same – tasty pizza that's nutritionally sound and won't harm your body. The only real change has been to our name – we adapted Naked Pizza to N_K_DPizza for the UAE to ensure that we were being culturally sensitive.

What gives you the greatest joy in your job?

Building a solid team, with partners and investors to support that team are high up there. However, I would have to say convincing countless individuals to join an adventure that is more likely to fail than succeed – as is the case with most new ventures – is a rush that only an entrepreneur could like.

What do you wish to achieve with N_K_D Pizza in Dubai?

Our goal in Dubai is the same as it is in the United States, and as



it will be in the other countries we go into: to make people think before they bite. We want people to look at the food they put into their bodies and ask what it is doing to them – is it a regular take-out pizza which is devoid of any nutritional value and basically the equivalent of a big donut slathered in tomato sauce? At N_K_DPizza we promise to look after you with a nutritionally sound pizza that will not harm your body.

What is your ultimate N_K_D Pizza topping?

Sun dried tomatoes.

When creating dinner at home for friends and family, what do you like to prepare?

I don't seem to have much time to cook these days, but do like cooking a simple breakfast of eggs, vegetables and meat. For dinner, I would have to say Texas chilli. And by Texas I mean hot.

For people of UAE visiting N_K_D Pizza for the first time, what would you recommend?

Order a simple pizza with few toppings so you can fully experience our all-natural dough, sauce and cheese. It's the diversity of grains in our Ancestral Blend crust that makes the difference. A diversity of seeds and grains just taste better.

What is your guilty food pleasure?

I would say Fiddle Faddle. Look it up.



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